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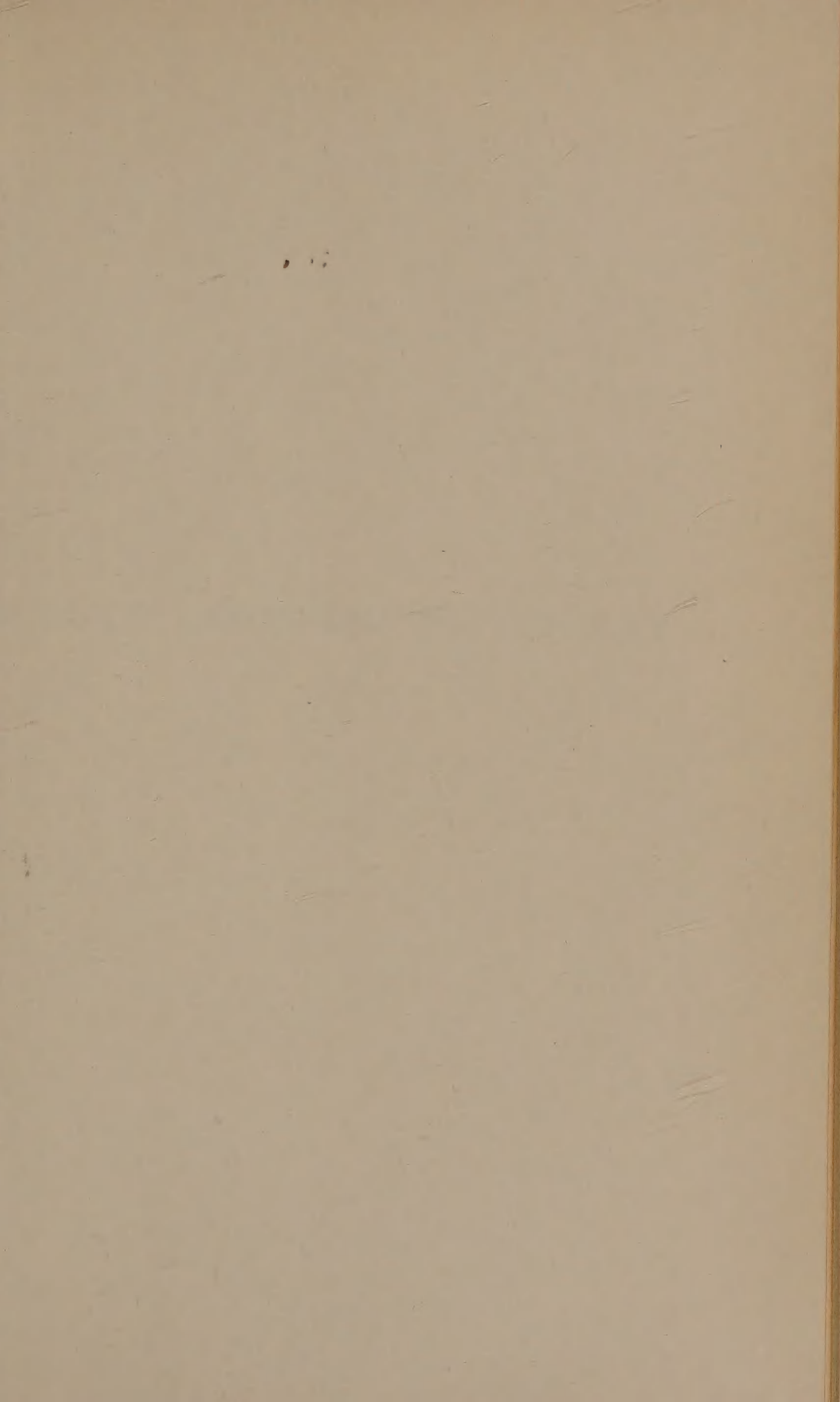
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BLACK'S DOMESTIC DICTIONARY

EDITED BY

EDITH A. BROWNE, F.R.G.S.

LECTURER AT HARROD'S STORES 1917-18, ON WAYS AND MEANS IN WAR TIME; EX-DEMONSTRATOR
FOR FRUIT AND VEGETABLE PRESERVING BRANCH OF FOOD PRODUCTION DEPARTMENT;
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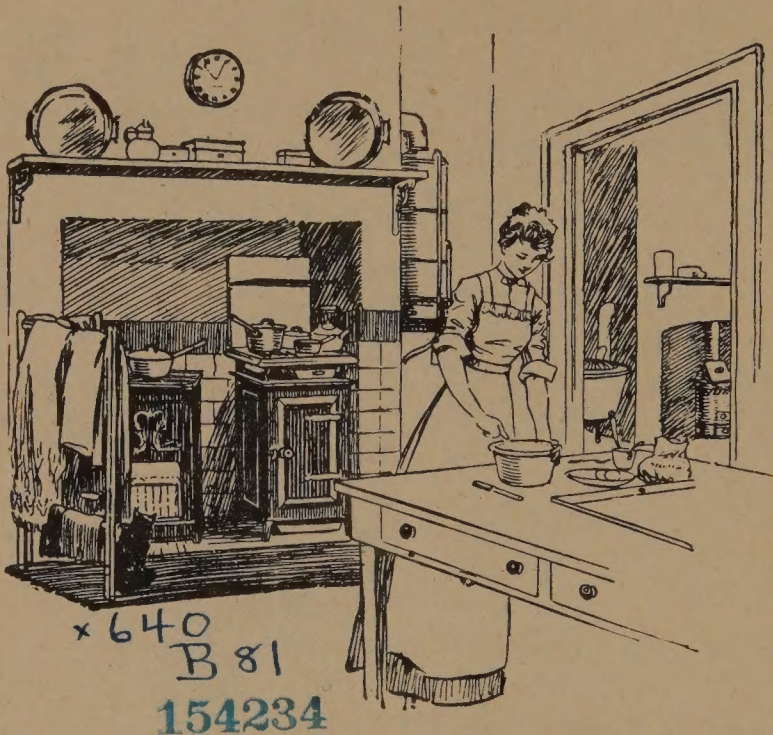
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AND OTHER BRANCHES ALSO IN PARIS



PREFACE

THIS book is designed to supply you with the practical knowledge necessary for the business of running a house, and to help you when applying that knowledge so to exercise your own personality and give scope for the individuality of other members of the household that your house is *home* in the best sense of the word.

Always with that object clearly in view, the information, advice, hints and suggestions included herein have been selected from first-hand experience, and no pains have been spared to hand on the pick of tested methods in a simple, straightforward manner.

The editors fully realise their responsibility for the contents, style and arrangement of this book. Equally they feel that the measure of success they may achieve as domestic consultants depends largely on the spirit in which you put their experience to the test. But as regards the manner in which you are likely to play your part, the editors are particularly favoured by circumstances; for never was there a time in our Country's history when national interest in domestic life was so keen and widespread as it is now; never was there a time when such a vast concourse of women of all classes were so ready to make the best of practical knowledge by devoting themselves, their hearts and minds, to the application thereof.

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imparts its wonderful protective
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(John A. Bolton, Proprietor)

LEICESTER



PREFACE

British homes have changed so greatly in all that pertains to their equipment, provisioning and economic management, by the world-upheaval of recent years, that most of the features of our domestic life demand a practical reorganisation. This is the Keynote of BLACK'S DOMESTIC DICTIONARY.

It covers the whole scope of those special affairs of the home which a British wife and mother delights in directing, retaining as its groundwork whatever remains of present-day value from the old homely habits and customs which have served our race so well in the past.

It imports into its survey such tested and proved new ideas in home economies and efficiency as have been forced upon us by altered conditions, and deals with the mechanism and science of the home, particularly in culinary matters, with a due recognition of the improvements which latter-day invention has placed at the command of the housewife.

It steers clear of extravagance, recommending only what is necessary and sufficient in all cases. Thus it makes for economy at every turn.

It is simplicity itself in arrangement, which is strictly alphabetical, with cross references linking up leading subjects with their kindred supplementaries. It is as easily consulted as it is easily understood.

Cleanliness and Comfort



EVERY housewife who values cleanliness and comfort needs a constant supply of really hot water, and wishes to get it with a minimum of trouble.

The Gas Water-Heater heats all the water you want, day or night, without wasting your time, temper, or money.

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47 Victoria Street, Westminster, London, S.W. 1

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BLACK'S DOMESTIC DICTIONARY

A

ACCOUNTS, HOUSEHOLD.

Housekeeping is a business. To make a success of it, you must know your job, throw yourself heart and soul into the branches of it that make demands on your intelligence, tackle with patience and endurance details of routine that are apt to be irksome, and keep accounts.

The primary object of keeping household accounts is to prevent expenses exceeding the wherewithal to meet them. In this respect household accounts are exactly comparable to those of an ordinary business firm; just as a business firm would be courting the catastrophe of bankruptcy if it omitted to have books and keep them up to date, so the housewife is imperilling the family exchequer by neglecting the accounts' branch of her duties—unfortunately the unbusinesslike housewife may not only bring the home to ruin, but so involve her husband as to make ducks and drakes of his business.

Important as it is to realise that the primary object of keeping accounts of household money matters or the money matters of any other business undertaking is the same, it is equally important for every woman to understand that there should be no commercial side to the domestic line of business. A firm can only justify its existence by showing a profit in its accounts; a woman who makes a profit on her housekeeping allowance is guilty of misappropriating funds.

Ready-money payments simplify book-keeping.

Accounts of money received and expended on behalf of all household affairs, such as housekeeping, servants' wages, coal, etc., should be kept separately from those concerning dress and pocket-money.

Gloves and veils should not be paid for out of weekly housekeeping allowance and entered in account-book as sundries or groceries.

The keeping of accounts begins with a day-book. Any book ruled with cash lines will serve the purpose. Enter on the left side particulars of all sums of money you receive, and on the right side particulars of all you spend. Make your entries daily, and have a fixed time of the day for devoting the necessary few minutes to this work. At periodical intervals, say once a week, you can dissect the entries in your day-book, totalling up separately those which refer to groceries, meat, clothes, etc., and entering totals in other account-books. Specially designed household account-books, for simplifying the work of keeping household accounts, can be obtained from any good stationer.

If you have no idea of book-keeping, ask your husband or brother to give you a few lessons in a simple method suitable to your own individual case. The "best and simplest" method depends so much on when and how you receive money, and what you have to do

ACCOUNTS—*Continued.*

with it, that specimen accounts have been purposely omitted from this book. For instance, one woman may receive a regular weekly sum that is entrusted to her for house-keeping expenses only, a monthly sum for paying servants' wages, and a quarterly sum for clothing; another may receive a monthly sum to cover all expenses including, or possibly excluding, coal, rent, rates and taxes. Specimen accounts that may help one person may so easily confuse half-a-dozen others.

See also **BANKING**.

ACETYLENE,

see **LIGHTING**.

AGENTS, HOUSE.

When buying, selling, letting or hiring a house, avail yourself of the services of a good house agent. Numbers of people have patted themselves on the back for arranging such transactions off their own bat, but have lived to learn that the saving of an agent's commission can easily be an extravagant form of economy. Loss of money, unpleasant discussions involving loss of time, legal proceedings and broken friendships, are but a few of the numerous troubles that arise when contracting parties rely on themselves to negotiate property business.

When a furnished house changes hands, present and prospective occupiers should each have an inventory taken by separate agents respectively representing each party.

AGREEMENTS.

When hiring a house, furnished or unfurnished, make sure that you thoroughly understand terms of agreement. Unless you have had

a good deal of experience in reading agreements and leases, and of discovering what catches there may be in the legal turning of phrases, it is advisable to let your solicitor read through such documents before you sign them. Take care to have agreements stamped.

AIRING.

Thorough and frequent airing of house, furnishing accessories and personal clothing is essential to good health and long life.

Clothing.—All washable garments, after being washed and ironed, should be well aired before they are put away for further use. Airing may be done before the fire, in the sun, or in a hot cupboard.

The sun is the natural and best airing agent, but his services, unfortunately, cannot be relied on in this country. Clothes-horses are the commonest medium for airing garments in front of, or in the near neighbourhood of, a fire; they have the advantage of being easily portable, but just because they can be so easily moved, particular care is necessary to avoid knocking them over, or loading them so that they overbalance. Airing-rail fixtures, adjustable by a pulley, are an up-to-date substitute for a clothes-horse; they provide more accommodation, can be lowered for service or put up out of the way at will, and being always above floor level there is practically no risk of a dangerous or annoying accident such as may result from the upsetting of a clothes-horse. When ideal houses for all classes of society become an existing fact, every house will contain an airing cupboard heated by pipes; meanwhile, if you are not amongst the lucky few who live in a house that is equipped with such a con-

venience, it is quite within the bounds of possibility that you have a hot-water cistern within a cubby-hole that can be used as an apology for an airing cupboard.

Remember that non-washable clothes also require airing 'in' order to keep them healthily sweet-smelling, pleasant to wear, proof against pests and resistant to the destructive influences of wear and tear.

Tidiness is a virtue that comes second in importance to hygiene—do not hang clothes away in a wardrobe, or put them in a drawer, immediately you take them off your back; they should not only first be brushed or shaken after an outing, but also be turned inside out and thus exposed to the air a bit before being put away, particularly when the fresh air has not continuous access to their storage quarters.

House.—See *HYGIENE*.

Open windows are as essential to the well-being of house and household accessories as to personal health. Lack of fresh air encourages outbreaks of dampness, mildew and other destructive agents such as insect pests.

Always take advantage of a sunny day to give something in the house an extra good airing; mattresses, pillows, cushions and rugs are among the numerous accessories that derive health and strength from a sun bath. A dry windy day also offers a favourable opportunity for airing. Discretion is, of course, necessary in choosing the right day for airing the right things; thus, articles of delicate texture should not be exposed to a gale, nor those of delicate hue to glaring sunshine.

ALLSPICE.

We have known more than one person who, upon being told to use

“allspice” for carrying out a certain recipe, bought mixed spice. Certainly the name is misleading, for which reason note carefully that allspice signifies one, and one only, kind of spice. It consists of the dried berries of a tree, which is largely cultivated in the West Indian Island of Jamaica, and as the bulk of the world's supplies is obtained from that island, the spice is often called “Jamaica Pepper.”

Allspice derives its name from the fact that its characteristic odour resembles a mixed bouquet of the fragrance of cinnamon, cloves and nutmegs.

You need allspice for making pickles and for curing hams; it can also be used as one of the flavouring ingredients for stews, and it is one of the component spices of curry powder.

ALMONDS, TO BLANCH.

Immerse nuts in boiling water, and soak them for 5 or 6 minutes until skin can easily be removed by pressing each nut between thumb and finger. After peeling, rinse almonds in cold water, then stand aside to drain and dry, or dry at once by rubbing them in a clean cloth.

If the blanched almonds are to be pounded, or if they are to be stored for a few days, dry them in a slow oven.

ANGELICA,

see *CRYSTALLISED FRUIT*.

ANTHRACITE,

see *FUEL; HEATING, CENTRAL; and STOVES*.

ANTISEPTICS.

Antiseptics are substances used to prevent or check putrefaction.

ANTISEPTICS—*Continued.*

Any wound, however slight, has a tendency to become the seat of putrefaction, *i.e.* septic, and should, therefore, be treated with an antiseptic.

The simplest and safest substances to use in the home for this purpose, when you are not acting under a doctor's orders, are—

ALCOHOL.

BORACIC POWDER.

PEROXIDE OF HYDROGEN.

ALCOHOL is non-poisonous. Purchase it in the form of *Rectified Spirit* from a chemist. It removes various forms of dirt which resist the action of water, as, for instance, grease.

Use it for removing from neighbourhood of a wound dirt which could not possibly be entirely removed by washing with water: for instance, suppose you cut your oil-besmeared hand whilst you are repairing your bicycle, or your husband gashes himself whilst he is performing gymnastics under the body of his new motor, cleanse skin round wound with a piece of clean rag or cotton wool moistened with alcohol.

Another useful but cheaper form of alcohol is known as *Methylated Spirit*. Purchase it either from a chemist or an oil and colour stores. Burn it in a lamp; it gives a clean, smokeless flame in which to sterilise scissors, knives or suchlike instruments before they come in contact with the flesh. It is wise to have a small lamp specially reserved for burning methylated spirit that is to be used as a sterilising medium; such a lamp can more easily be kept scrupulously clean than one

which is employed for cooking purposes. Pass through methylated spirit flame any needle which is to be used for extracting a splinter, knife or razor for cutting corns, scissors for cutting linen to be used for bandaging.

BORACIC POWDER.—Non-poisonous and soothing. Can be used dry, for dusting on a healing wound, or dissolved in water for cleaning an open wound. For a solution, pour boiling water, or cold water previously boiled, on the powder in sufficient quantity only to dissolve powder. Boracic powder, dry or in solution, is only a very mild antiseptic.

PEROXIDE OF HYDROGEN.—Non-poisonous. Purchase at a chemist's. It is a liquid obtainable in various strengths, all of which need to be diluted with water; the proportion of water to be added is stated in directions on bottles. Peroxide of hydrogen is a more effective antiseptic than boracic powder, and is particularly useful for cleaning open wounds that are suppurating.

Use it for bathing a gathered finger, cleansing cavity of an abscess, or as a gargle for an ulcerated sore throat.

APPLES.

To Bottle, to Can, to Dry, to Pulp,

see PRESERVING FRUIT.

ASPARAGUS.

To Bottle, to Can,

see PRESERVING VEGETABLES.

Recipes for Cooking,

see VEGETABLES, TO COOK.

AUBERGINES,

see VEGETABLES, TO COOK.

B

BABA AU RHUM.

An expensive pudding, suitable for festive occasions.

Mix $\frac{1}{2}$ oz. of yeast smoothly with a little tepid water, and add it to $\frac{1}{2}$ oz. of flour. Cover with a cloth the bowl containing this preparation; stand aside in a warm place to ferment and rise to twice its original size.

In another bowl put 6 oz. of flour, $\frac{1}{2}$ oz. of castor sugar and a pinch of salt. Mix. Make a well in the centre and gradually stir in 5 oz. of creamed butter and 2 eggs. When paste is quite smooth, add 3 more eggs, one at a time, stirring well meanwhile. Now stir in about 1 oz. of currants (previously washed), $\frac{1}{2}$ oz. of raisins and the yeast preparation; beat well.

Turn mixture into a buttered Baba mould, which you should only half fill. Put mould on top of stove, in a warm but not hot spot, and leave until contents rise nearly to top of mould. Now transfer mould to a moderately hot oven, and cook Baba until surface is a darkish golden-brown colour. Turn Baba out on a dish, and baste well with rum syrup.

To make the Syrup.—Boil together $\frac{1}{2}$ pint of water and 3 to 4 oz. of sugar until mixture is reduced to a moderately thick syrup; add a wine-glassful of rum and just bring to the boil again. Serve hot or cold.

BACON.

A pig that has been cured for bacon is somewhat differently dissected from a "porker."

The Principal Cuts of bacon are

the Back, the Gammon, the Collar and Bath Chaps.

The Back is usually divided into four parts—

Best Cut, corresponding to loin of pork. This is the prime part of bacon for thin rashers.

Best Streaky, for good breakfast rashers.

Thin Streaky, for rashers.

Flank, cheapest part of back, usually very fat; better for boiling or baking whole than for cutting into rashers.

Gammon of Bacon corresponds to leg of pork. It is usually divided into three parts—

Corner, a good quality piece for boiling.

Middle, a prime piece for boiling whole, or for cutting into thick rashers for frying or grilling. Gammon rashers make a substantial breakfast dish, and are also popular for a homely lunch—they are particularly good served with spinach or green peas.

Bone End, suitable for boiling.

A Collar of Bacon corresponds to a shoulder of pork. It is usually boiled.

Bath Chaps.—The cheeks of a pig are generally cured by a special process from which they derive the name of BATH CHAPS. For table use they are usually boiled, but as they are somewhat fat it is customary to serve them cold. They make a very good breakfast dish.

HINTS ON COOKING.

Baking.—Flank or Streaky Cuts are very nice when cooked in the piece in the oven. Served hot,

BACON—*Continued.*

they are somewhat rich; and for economy's sake, too, it is wiser to let them go cold before they are eaten. The rind should be thinly scored before the joint is put in the oven. At outset of cooking, oven should be hot, so that the scored rind becomes crisp like crackling; afterwards reduce heat so that baking may proceed gently with a view to preventing drying up of meat and undue shrinkage. *Time*: about 20 minutes to the pound. An excellent breakfast dish as a change from rashers, or to save time when an early train is to be caught.

Boiling.—Bacon is frequently on the salt side, so soak it for a few hours in warm water. Even if soaking is dispensed with, the bacon should be prepared for boiling by giving the rind a wipe with a clean cloth and scraping the under part that has been exposed to the smoke in the curing process.

Put prepared bacon into a saucepan, with cold water to cover it, bring to the boil, skim off scum, then stand aside to simmer gently. *Time*: about 45 minutes to the pound. When dishing-up, peel off rind and sprinkle bacon with crumbs of baked bread (raspings).

The water in which bacon is boiled makes a very good basis for soup, so do not throw it down the sink. Further, there is fat in this stock, quite a lot when a fat piece of bacon has been boiled. Stand liquor aside to cool and the fat will rise to the surface; you can remove it with a draining spoon, and it is so good on bread that the family will want to draw lots for it.

Rashers.—With the exception of gammon rashers, all bacon to be cooked in slices should be cut thin. Most provision stores of any stand-

ing now have a machine for cutting bacon, and such machines can be adjusted for slicing at various thicknesses ranging from a mere shaving. It costs you nothing extra but the asking to have your bacon cut for you into rashers.

The usual method of cooking rashers is by *frying*. Remove rind, using a sharp knife so as to avoid waste by hacking into the bacon; also pare off any rust from smoking on under side. Heat pan before putting in rashers, and turn the rashers so as to cook them evenly through without burning. *Time* varies with thickness of rashers, but the cooking never occupies more than a few minutes, during which time contents of pan should have your undivided attention.

Very thin rashers for garniture, to be served, for instance, with roast chicken or roast veal, should be rolled, put on a skewer and browned in a baking-tin in the oven.

Large rashers or, rather, slices cut from the gammon can also be fried, but they are even tastier when cooked on a gridiron over an open fire.

See also HAM and PIGS.

BANDAGES.

Bandages can be purchased ready-made and antiseptically treated from any chemist or at any stores which have a drug or Red Cross department. The most useful widths to have in hand are 2 inches and 3 inches.

Do not take new bandages out of their wrappings until they are required for use.

Good bandages can be made at home from old linen. The linen must be specially washed—see notes on *Washing Bandages*—torn into strips and rolled ready for use. The bandages should then be carefully wrapped up in a clean piece of



BACON.

A side of bacon, exterior and interior views, showing the manner in which it is divided and the names of the various parts.

BANDAGES—*Continued.*

old linen and put in clean paper so as to be doubly protected against dust or other contaminating influences.

To Apply.—In order to be able skilfully to apply a bandage to any part of the body, you must have some professional training in ambulance work.

During the war so many women devoted themselves to nursing, that most of the present generation of housewives are experts at bandaging. If, perchance, you are an exception, and if you are now unable to give up the time for attending a first-aid course, you can, nevertheless, quickly and easily learn to bandage sufficiently well to treat a slight hurt such as a grazed knee, a cut forehead, or a mosquito-stung leg—ask any man to show you how he puts on his puttees, and so learn the first principles of bandaging.

To Wash.—Boil any bandage, after use, in a lather of strong soda water and good white soap. Rinse, dry and iron.

To Roll.—Start rolling from end which has been split in two for tying. Roll up a few inches tightly to form a pad. Hold this pad in the left hand, between thumb on one side and first and second fingers on the other; throw loose end over back of right hand, and with thumb and forefinger of right hand grip unrolled part of bandage at a convenient distance from pad. Roll with left hand and guide with right.

BANKING.

So often it happens that a house-keeping and dress allowance suddenly thrusts the control of money on women who have had no experience in making a stipulated sum fulfil a definite purpose. Moral and material reasons render it essential

for the young wife to keep within this allowance, and she should make up her mind so to regulate her expenditure that the allowance not only covers the everyday cost of housekeeping and her personal expenses but leaves a surplus to be saved for special occasions, such as entertaining friends and making good for breakages.

To this end, a check should be kept on expenditure. Certainly it is helpful to enter in an account book details of money received and spent, but this method is not in itself sufficient, for it is no safeguard against the temptation of spending this week the cash saved last week, or of drawing in advance on a lump sum that has been placed in your cash-box.

The most effective check you can put on your expenditure is to open a banking account from which you can draw out, at regular intervals, the correct proportion of your allowance, and pay in, at regular intervals, your savings—the two transactions can often be combined by the simple expedient of drawing out allowance less sum in hand by savings.

To open a Banking Account.
—The method of procedure is quite simple. After deciding on the Bank—preferably one that has a branch within convenient distance of your abode—call on or write to the Manager. If you write, word your letter something like this:

Dear Sir,

I wish to open a current account at your Bank, and herewith enclose £——, which please place to my credit. All cheques will be signed with my usual signature, as appended below.

I shall be obliged if you will forward me a cheque book "Payable to Order" together with a paying-in book.—Yours truly,

Cheques.—There are two kinds of cheques; one "Payable to Bearer," the other "Payable to Order." The latter requires endorsing, and is, therefore, more difficult to negotiate should it fall into wrong hands, for which reason it is to be recommended to those opening their first account.

DRAWING OUT MONEY.—To draw out money for yourself, it is necessary to present a cheque made payable to Self, *i.e.* fill in the word "Self" between the printed words PAY.....*Self*.....OF ORDER. This cheque must not be crossed, and is called an open cheque; it will, however, require your name (endorsement) on back. All other cheques drawn by you should be crossed & Co.

At time of writing a cheque, always fill in counterfoil as a record for yourself of the amount drawn and the name of payee.

Always sign cheques exactly in accordance with signature you gave to be recorded in the Bank's books at the time of opening your account; otherwise, cheque will be returned marked "irregular." Any corrections you make on cheques, whether in figures or letters, must be duly initialed by you, or again cheque will be queried.

PAYING IN CHEQUES.—When you receive money by cheque, you must endorse the cheque before paying it into the Bank. You may find that your name has been spelt incorrectly or wrong initials given. In either case the endorsement must be an exact copy of the misspelling or the incorrect initials, otherwise cheque will be returned marked "Irregular endorsement."

Titles, however, should not appear in the endorsement; should a cheque

be made payable to "Mrs Dash," without inclusion of initials, the endorsement should be in accordance with usual signature as recorded by Bank.

Here are a few examples of endorsements, taking signature as recorded in Bank's books to be Maud J. Dash:—

<i>Cheques made Payable to:</i>	<i>Correct Endorsement:</i>
Mrs M. J. Dash.	M. J. Dash.
Mrs Dash.	Maud J. Dash.
Mrs Maude J. Dash.	Maude J. Dash.

In making out a cheque to a married woman, the husband's Christian name is sometimes used, as, for example, Mrs Arthur L. Dash. In this case the endorsement should read: Maud J. Dash, wife of Arthur L. Dash.

To Order ■ New Cheque Book.—As you get towards the end of your Cheque Book, you will come across a slip bearing a printed application for a new book. Fill this in and forward it to your Bank, who will send you a new Cheque Book by return of post, ready for use when the old one is exhausted. The charge for Cheque Book is debited to your account by the Bank and you should make a corresponding entry in your Cash Book; the charge is simply to cover the government stamp, now two-pence on each cheque,—that is to say 5s. for a book of 30 cheques.

Pass Book.—The Bank provides a Pass Book which must be sent in periodically for making-up purposes. When it is returned to you, it will contain entries on the credit and debit sides, duly recording all money paid in and drawn out since it was last made up.

When the Pass Book comes back to you, check the entries by the

BANKING—*Continued.*

counterfoils in your cheque and paying-in books, and initial up to where you have checked.

It is advisable to keep your own Cash Book in addition to the Pass Book, and to enter in the former, at the time of writing cheques and filling up paying-in slips, particulars of all money drawn from, or paid into, Bank. Such a book acts as a double check on all transactions. Balance as shown by Pass Book on a given date should, of course, correspond with balance shown by your Cash Book at same date.

Balance at Bank.—It is always necessary to keep your account in funds, so that a reasonable balance is at the Bank's disposal. When this is done, the Bank makes no charge for keeping your account. You must ask your Bank Manager to interpret that word "reasonable" for you, as the amount it signifies varies at his discretion in accordance with various circumstances.

Should your balance accumulate so that there is a larger amount standing to your credit than is necessary for your current requirements, you can ask the Bank to transfer the surplus to a Deposit Account. Interest is paid by Banks on such accounts. At any time you can transfer the whole or part of this deposit to your Current Account.

BASIL.

This herb, like marjoram, is used in the preparation of fish sauces and as a seasoning for turtle soup.

See also SAUCES, SAVOURY.

BATH.

There are still some old-fashioned folk who take an occasional bath as a matter of duty. But most of us,

nowadays, take a bath daily not only for reasons of hygiene but for the sheer joy of its refreshing effects. For a bath to be enjoyable, something more is necessary than a good supply of water and a well-equipped bathroom—the surroundings must be invitingly clean and the bath itself as free from signs of wear and tear as from high-water marks and stains. There is only one thing worse than the absence of facilities for getting a bath, and that is the existence of facilities in such a condition as to make the idea of using the bath repugnant.

Thanks to the improvements which have been made during recent years in the style of both fixed and portable bathing appliances, there is a wide choice of attractive-looking baths at moderate as well as luxury prices. Treat your bath well so as to maintain its attractive appearance and lengthen its life—it should always be wiped down after use, and thoroughly scoured once a week; and care, too, should be taken to see that taps are not allowed to drip.

To Enamel.—Painted baths should be given a new coat of paint or enamel directly the old coat shows any sign of wear. Various preparations specially made for the purpose enable the merest amateur with a paint-brush to do this work in a professional manner.

See also CLEANING; HYGIENE; and HOUSE, CHOICE OF.

BAY LEAVES.

The foliage of several varieties of laurel have a wide range of utility as a culinary flavouring, for they improve the taste of numerous sauces, soups, stews and sweets, such as custards and blancmanges. They can be used either fresh or dry;

dried leaves should be stored in an air-tight tin. Many examples of the use of bay leaves are included in the recipes given herein.

BEANS, BROAD.

To Bottle, to Can,
see PRESERVING VEGETABLES.
Recipes for Cooking,
see VEGETABLES, TO COOK.

BEANS, FRENCH.

To Bottle, to Dry, to Salt,
see PRESERVING VEGETABLES.
Recipes for Cooking,
see VEGETABLES, TO COOK.

BEANS, RUNNER.

To Bottle, to Can, to Dry, to Salt,
see PRESERVING VEGETABLES.
Recipes for Cooking,
see VEGETABLES, TO COOK.

BEANS, SALTED.

To Cook,
see PRESERVING VEGETABLES.

BEDS AND BEDDING,

see AIRING; HOUSE, EQUIPMENT
OF; PESTS; and SPRING
CLEANING.

BEEF.

PRINCIPAL CUTS.	GENERAL METHOD OF COOKING.
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<i>Aitchbone</i> .	Salt and boil.
<i>Brisket</i> .	Stew fresh, boil fresh, or salt and boil.
<i>Buttock or Round</i> .	Boil, stew, or roast.
<i>Clod</i> . .	Boil for stock, or stew for making puddings and pies.
<i>Fillet (undercut of sirloin).</i>	Roast, or fry or grill as steak.

Flank—

<i>Thick</i> .	Fry, roast, or stew for puddings and pies.
<i>Thin</i> .	Stew, or salt and boil.
<i>Leg</i> . .	Stew, or boil for stock.
<i>Neck</i> . .	Stew with vegetables, stew for making puddings and pies, or boil for stock.

Ribs—

<i>Wing</i> .	Roast.
<i>Middle</i> .	Roast whole, or boned and rolled.
<i>Cheek</i> .	Stew as steak.
<i>Rump</i> . .	Fry or grill as steak, or roast a thick piece in joint form; too good for stewing.
<i>Shin</i> . .	Boil for soup, or stew for gravy and beef tea.
<i>Silverside</i> .	Boil fresh, or salt and boil, or stew.
<i>Sirloin</i> .	Roast.

Steaks—

<i>Fillet (undercut of sirloin).</i>	Fry or grill for choice quality steak.
<i>Rump</i> .	Fry or grill.

NOTE—*On the Continent the best end of ribs and uppercut of sirloin are frequently used to provide choice steak for choice occasions.*

<i>Buttock.</i>	Stew or braise.
<i>Flank</i> .	Stew or braise.
<i>Topside.</i>	Stew or braise.
<i>Topside</i> .	Roast, or stew as steak.

ODDS-AND- ENDS AND TIT-BITS.	GENERAL METHOD OF COOKING.
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<i>Cow Heel</i> .	Boil for making soup, jelly, or brawn.
<i>Heart</i> . .	Roast.
<i>Kidneys</i> .	Stew for serving with thick gravy or for mixing with steak to make puddings and pies.
<i>Liver</i> . .	Fry.
<i>Milt</i> . .	Boil for stock, stew, or stuff and roast.

BEEF—*Continued.*

Ox Cheek. Boil for soup, previously taking out brains, which soak, boil, and fry, and serve as a separate dish.

Ox Tail. Boil for soup, or stew.

Ox Tongue Boil fresh or salted.

Suet. . . Melt and clarify to use as a cooking fat for frying, etc., or chop and use with flour, etc., for boiled puddings.

Sweetbread Blanch by soaking in cold water for two or three hours and boil, or parboil and fry.

Tripe. . . Boil, or boil and then fry.

CHOICE.

Good beef is bright red in colour and lightly marbled with white veins; the fat is yellowish white, indicating that it comes from a young animal of superior quality.

For a small family it is not easy to get a piece of beef that is suitable for a really nice *roast*. You cannot do better than *rolled rib* for an everyday meal, and a piece of *fillet* (undercut of sirloin) as a more luxurious alternative.

Stews: Your choice is no more limited than if you were catering for a big household; specially suitable are a little piece of *fresh brisket*, *fresh silverside*, or *stewing steak*, any of which can be prepared in a number of ways to make a variety of nourishing, dainty, and satisfying dishes.

Similarly you have a wide choice of cuts for *boiling* and for the preparation of *stock*, whilst amongst the odds-and-ends and tit-bits the only thing that is likely to be so much too much for you as to become monotonous is an *ox tongue*.

For a big family *ribs* and *sirloin*

are most popular for roasting, and *topside* provides a good economical alternative.

Stews: *Brisket* and *silverside* are good to serve as joints, and *stewing steak* for the purpose which its name implies or as an ingredient of steak and kidney pudding.

Fresh or salted *brisket* or *silverside* are most commonly used for *boiling*.

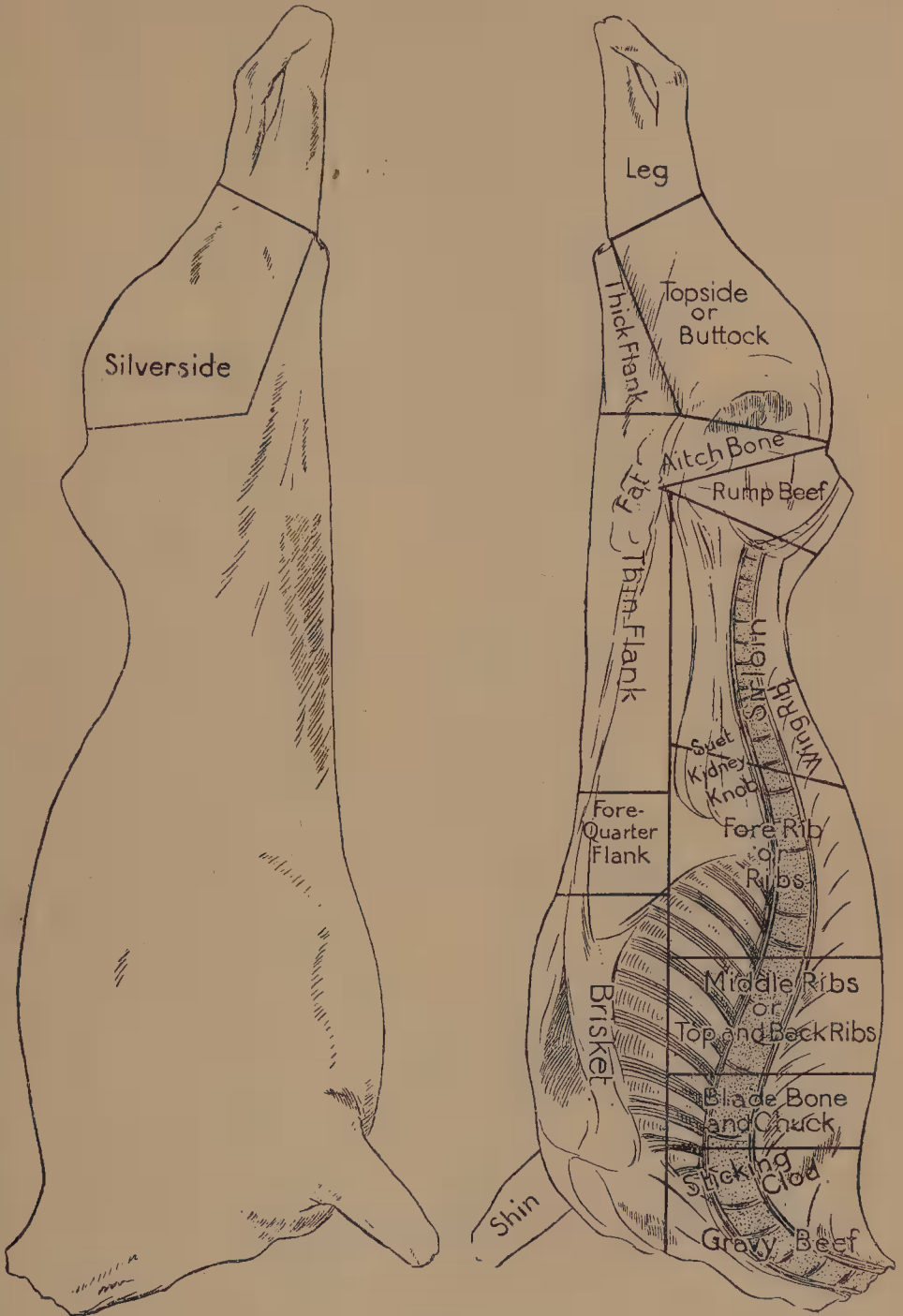
GENERAL PRINCIPLES OF COOKING BEEF.

Boiling, fresh beef.—You must make up your mind to begin with whether you wish the *stock* or the meat to be the more tasty and nourishing. If the *stock* is to take preference, put the meat in cold water, bring to boil, and then stand to one side of fire to cook gently; *i.e.* after water has boiled to extent of bubbles appearing all over the surface, the heat should be reduced so that bubbling is barely perceptible round sides of pan. If the meat is not to play second fiddle to the *stock*, put it into boiling water; of course the cold meat at once reduces temperature of water. Let water come to the boil again, and continue cooking in accordance with preceding instructions. *Time:* 20 to 25 minutes for each pound.

Exceptions: *cow heel* and *tripe*, which are better started in cold water. *Time:* *cow heel*, about 3 hours; *tripe*, 3 to 3½ hours.

Boiling, salt beef.—Put meat into cold water and proceed as if boiling fresh beef, but as regards *time*, allow about half an hour to each pound.

If meat is not to be cut until cold, leave it in the pan to cool in liquor in which it has boiled; by this means it will retain more flavour and eat less dry. Being more juicy, however, the meat will not keep so



BEEF.

The side of an ox, exterior and interior views, showing the manner in which it is divided up by the butcher and the names of the various joints.

BEEF—*Continued.*

long as if taken out of the liquor to cool; in cold weather it will remain good for several days, and in summer-time you can get over the difficulty by having a smaller joint.

Braising is akin to stewing, but a minimum quantity of water or stock (liquor in which something good has been boiled) is used. The meat is cooked in "its own steam" within a covered vessel. A special receptacle known as a *Braising Pan* can be used, but practically any fireproof pan with a lid will serve the purpose. Cover bottom of pan with a bed of vegetables, which surround, but do not immerse in water or stock; on this bed lay the meat, put lid on pan and cook slowly. *Time* varies according to whether you are braising thin slices of meat or a thickish cut, nature of vegetables and whether they have been previously boiled or parboiled (partly boiled) so that meat to accompany them shall not be overdone. When meat and vegetables have become sufficiently tender through action of steam, put pan in a quick oven to brown contents.

Frying.—See that the pan is well hot before putting in steak. If you take this simple precaution there is no need to put any fat in the pan. Directly one side of steak is set, turn meat over to prevent escape of juices, after which you can turn as you will and cook to the degree which pleases your taste. Keep steak flat to pan by pressing it down with a knife or fork, but take care not to cut or prick. When turning, fork may be put into fat but not into the lean. *Time*: few minutes only, varies according to thickness of steak and individual taste for well done, medium done, or under done meat.

Grilling.—Use a gridiron instead of a frying-pan, well grease and heat the bars previous to laying meat on them. A hot clear fire is necessary. Turn as in frying. *Time*: few minutes, much the same as for frying.

Roasting, by which most people nowadays mean **Baking**.—Put meat into a tin, sprinkle with a little salt, and place in hot oven. Directly the fat begins to run, baste well. After about a quarter of an hour reduce heat of oven by manipulation of dampers, opening ventilator, leaving oven door ajar, or in the case of a gas oven, turning down the gas. Continue cooking by moderate heat, and baste frequently. The rule is—a high temperature at first to "close the pores" of the meat and thus prevent escape of tasty and nutritious juices, with moderate heat to follow so that joint may be cooked through. If meat is lean, it is a good plan to dot some bits of dripping over joint before putting it in the oven. *Time*: 15 minutes to each pound and 15 minutes over, more or less according to whether you like your beef well done or under done.

Stewing is akin to boiling. Very much less water is used, and the cooking is done by more gentle heat, largely through the agency of steam—obviously, therefore, a closed vessel must be used. You can stew your beef in a saucepan or fireproof casserole on the top of the stove, or in a fireproof casserole within the oven. Put meat in pan with just enough cold water to prevent burning and to generate steam; vegetables, cut up in shapely pieces, may be added, in which case the amount of water used should be slightly increased. Cook very slowly. *Minimum Time*: about

4 hours. Some of the best stews are the result of putting meat and mixed vegetables and water, with salt, pepper and any other seasoning to taste, in a casserole or covered brown jar within the oven in the early morning and practically forgetting all about them till you want them for dinner in the evening; of course this will be on a day when you do not require to roar up the fire for anything and when your time, however limited, leaves you a few spare minutes in which occasionally to turn over and stir contents of casserole.

NOTE—The general principles of cooking beef are nearly akin to those for cooking any other kind of meat, but as certain details, such as time, vary, these principles are dealt with under the headings for each kind of meat. The method adopted necessitates a certain amount of repetition, but this has been considered preferable to referring you for information to other pages of the book. There is nothing more worrying to anyone, and more particularly to the novice, than to be interrupted, in the midst of learning how to cook this or that particular thing, by being told to turn elsewhere for information concerning essential principles. But repetition has been limited to fundamental principles; there would, of course, be no end to it, and the innovation would become more wearisome than helpful if you were told how to make, say, tomato sauce or pastry under every recipe in which such details play a part.

RECIPES.

The following recipes are designed merely to indicate the possibilities of applying the foregoing notes on the *General Principles of Cooking Beef*. It often happens that two recipes can be combined to make a third and novel dish, that a hint gleaned here and the benefit of experience gained there will lead to the discovery of a new *plat*

de résistance. Equipped with the simple knowledge of working principles and fortified with the experience of doing as you are bidden in a few recipes, you will quickly discover how easy and interesting it is to invent dishes for the edification and better nourishment of yourself and family.

BAKED MEATS.

Pain de Bœuf.—Almost any cut of beef can be used, but it is not necessary to have prime joints. Mince meat finely in a mincing machine. Add breadcrumbs in proportion, say, of one breakfast-cupful to 1 lb. meat. If meat is lean, add some finely shredded dripping. Season with salt and pepper, and herbs to taste—a little chopped parsley, sage, thyme, and, if liked, include a finely chopped boiled onion. Mix well. Bind with an egg. Shape into form of a roll. Place roll in a well-greased baking-tin, dot over surface of roll plentifully with bits of lard or other fat. Bake roll in a moderate oven, basting frequently, until of a nice brown hue. *Time*: depends on thickness of roll; roughly, 45 minutes for a roll made with 1 lb. meat.

Serve with gravy, brown onion sauce, or tomato sauce (see **GRAVIES**; and **SAUCES**).

Ribs or Sirloin with Baked Potatoes.—It is understood that you have learnt, from the introductory hints preceding these recipes, how to roast the meat. Now let us see how to bake potatoes in the same tin: Parboil (partly boil) potatoes for 10 to 15 minutes, according to size; strain and stand to side of stove to dry; transfer to tin in which meat is cooking, allowing about 30 minutes for them to

BEEF—*Continued.*

finish cooking and get nicely brown—they must be well basted at frequent intervals.

Of course you can treat other vegetables in much the same way, making the necessary variations in time allowance—mushrooms and tomatoes, for instance, are a particularly delicious accompaniment to the roast meat if cooked in the tin with the gravy, but they do not need any preliminary boiling, and should only be put in the tin a few minutes before the meat is ready to be dished up.

Steak and Kidney Pie.—Use steak and kidney in proportion of 1 lb. of former to $\frac{1}{2}$ lb. of latter. Cut meat into dice about 1 inch square, season with salt and pepper, put into a saucepan and just cover with water. Stew gently for about 2 hours. Stand aside to cool. Transfer to a pie-dish and cover with paste—do not forget to put an egg-cup upside down in the pie-dish to hold up the crust, and to make a hole in centre of paste to let out the steam. For choice of methods for making pie crust see PASTES AND PASTRY. Put into a quick oven at first to encourage paste to rise, but take care that gravy does not boil up and make the paste sodden; reduce heat after about 10 minutes and finish cooking. *Time*: about 45 minutes.

To smarten the appearance of pie, brush over paste with yolk of egg previous to cooking.

BOILED COURSES.

Marrow Toast.—Get butcher to saw bones for you into shortish lengths; seal ends with a paste of flour and water, tie in a floured cloth, and boil for about 1 hour. Untie and remove paste, scoop out

marrow, season with salt and pepper and serve on hot toast.

Ox Brains are not quite so delicate in flavour as calf's brains, but if well prepared they provide a very good substitute.

Put them to soak in cold water for an hour or two, then skin them. Now put them in a pan with enough cold water to cover them, and add a spoonful or two of vinegar, a little salt and pepper, some herbs and a small onion or two. Bring to the boil, and continue boiling gently for about threequarters of an hour. Strain, put on a dish, and previous to serving pour over some black butter sauce (see SAUCES).

Or fry after boiling.

Ox Tongue with Sauce Piquante—*Salted but Unsmoked Tongue.*—Soak for 3 or 4 hours in cold water, transfer to stew-pan, cover with cold water, bring gradually to the boil, and then stand aside to simmer very gently until tender. *Time*: large tongue, 3 to $3\frac{1}{2}$ hours; small tongue, 2 to $2\frac{1}{2}$ hours. Peel off skin and serve with sauce piquante, tomato sauce, or caper sauce (see SAUCES).

A *Smoked Tongue* should be soaked for at least 12 hours previous to cooking, and boiled for about 1 hour longer than an unsmoked one of similar size.

Pot au Feu.—*Ingredients*—Joint of beef suitable for boiling such as brisket or silverside, white part of a cabbage, carrots and turnips cut in quarters, leeks or onions, salt, pepper.

Put all ingredients in a stew-pan, cover with cold water, bring to the boil, and stand aside to simmer gently. *Time*: depends on size of joint, as you have already learnt in the preliminary hints on *General Methods of Cooking Beef*.

Number of dishes the Pot au Feu will provide :

(a) Excellent Consommé.

(b) Boiled Beef, which can be eaten hot with the vegetables cooked with it ; and will provide a second meal served cold.

Steak and Kidney Pudding.

—Prepare meat as for Steak and Kidney Pie. Line a pudding basin with paste (see PASTES AND PASTRY). Fill in with meat, cover with a lid of the paste, tie over a scalded and floured cloth, immerse in boiling water and boil for 3 to 3½ hours.

An alternative method of cooking which obviates all risk of paste getting sodden, is to steam the pudding. In this case, the basin should be covered with a greased paper over which should be tied a dry cloth sprinkled on the inside with flour. Steam for 4 hours, taking care that the water in the boiler, or lower part of steamer, does not go off the boil or all resolve into steam ; should it be necessary to replenish the boiler, do so by the addition of *boiling* water.

Steak and kidney pudding should be served in the basin in which it is cooked ; wipe the basin dry on the outside and surround with a clean table napkin.

Tripe à la Mode de Caen.—*Ingredients*—Tripe, ox foot, fat bacon, carrots, seasoning such as parsley, thyme and bay leaves, onion or garlic, cloves.

Cut tripe into pieces about 3 inches square ; also cut up ox foot into small pieces, using about half ox foot to 1 lb. tripe.

Line the bottom of a casserole with rounds of carrot, chopped parsley and thyme, chopped onion (or a little bit of garlic), a couple of cloves and a few slices of fat bacon. Above this put a layer of tripe and

ox foot. Repeat the layers to as many thicknesses as desired, finishing off with a top layer in which the fat bacon predominates. Add some stock (water in which something good has been boiled), and if you want a particularly good dish, put in a glass of white wine. Place lid on casserole, put in the oven and leave to cook gently for 5 or 6 hours. Serve in casserole in which it has been cooked.

STEWES.

Bœuf à la Mode.—*Ingredients*

—Stewing beef, bit of calf's foot, bacon rind, carrots, small onions, seasoning such as parsley, thyme and bay leaves. Fry the meat for a few minutes in a little butter or other fat in order to colour it ; similarly, fry onions. Put prepared meat and onions in a fireproof pan, together with a bit of bacon rind, bit of calf's foot, salt, pepper, herbs, carrots cut in little pieces, a clove or two and a little water—water should not cover the meat but only be sufficient to generate steam. Put lid on pan and leave to cook very gently for about 5 hours. Skim off fat previous to serving.

Genuine Bœuf à la Mode is prepared with larded beef—beef that is intersected with a criss-cross pattern of fat bacon introduced by the aid of a larding needle. On the Continent, where even the humblest folk consider well prepared food a necessity of life, ready-larded meat can be obtained at almost any butcher's shop. But in this country almost any butcher would stare at you in amazement if you asked for larded meat, so unless your household is staffed and equipped for particularly *recherché* meals you will often have to com-

BEEF—*Continued.*

promise in the preparation of French dishes.

Unlarded beef makes a very good version of Bœuf à la Mode; you can improve the dish by reducing the quantity of water added and including a glass of white wine or a spoonful of brandy.

Beef of an inferior cut, or that is on the hard side from any cause, should be steeped in vinegar for a couple of days, and turned night and morning, previous to being prepared as bœuf à la mode or in any other form of stew.

Filets Sautés.—*Ingredients*—Fillet of beef cut in slices, and mushrooms, tomatoes or olives.

Sprinkle slices with salt and pepper, and fry them for a few minutes in a little butter or fat so as to brown them.

Prepare a sauce by melting a little butter in a saucepan, stirring in some flour and, when these ingredients assume a brownish colour, adding water or stock. Proportions: walnut of butter, table-spoonful of flour, tumbler of water. Season sauce with salt and pepper, put into it the prepared slices of fillet and let them finish cooking by gentle heat. Mushrooms, olives or tomatoes can be cooked in the sauce and should be added thereto before or after putting in the meat, according to such details as size of mushrooms and whether tomatoes are to be served whole or in slices.

Hot Pot.—*Ingredients*—Stewing beef; onions, carrots, haricot beans, turnips, or any other vegetables to your taste; cooking apples; salt and pepper, herbs or spices to taste, such as thyme, bay leaves, powdered nutmeg and cinnamon, cloves, allspice.

Cut meat into pieces of moderate size, and vegetables into quarters;

haricot beans should not be previously soaked. Put all ingredients in a covered brown jar, and water to reach about three parts of way up height of contents. Stand in oven and cook gently for at least 6 hours. If haricots are omitted, 3 to 4 hours cooking will suffice.

Hot Pot is a capital medium for turning preserved fruits and vegetables to good account. For instance, you can include dried apple rings, plums, or slices of apples bottled in water, salted beans, etc. Such ingredients are not always put in the Hot Pot when it is first stood in the oven, but you can easily estimate the moment at which they should be introduced by looking up the hints given under PRESERVING FRUIT; and PRESERVING VEGETABLES.

You have never heard of using fruits as ingredients of Hot Pot? See for yourself the difference they make and you will never again omit them.

Ox Tail.—Butcher should joint this for you. Cut into pieces and prepare in accordance with previous recipe for Hot Pot, but take care to skim off fat at intervals.

Stewed Steak.—*Ingredients, and proportions*—2 lbs. lean stewing steak, 2 medium-sized onions, 3 carrots, 1 turnip, 2 oz. dripping or butter, $\frac{1}{2}$ pint water, a little salt and pepper. Cut steak into pieces and fry lightly in the butter or dripping; cut up vegetables and fry lightly in same fat. Transfer to saucepan, add water, salt and pepper; put on lid and simmer for about 1½ hours. Chestnuts are a tasty and nutritious addition to stewed steak.

THE ART OF USING UP THE PIECES.

Do not serve cold beef and pickles until there is no more cold

beef in the house, and avoid, like the plague, the anæmic looking and tasteless English dish commonly known as hash. Rissoles, and their near relations croquettes, are quite pleasant to meet now and again, but do not have them on the table so often that the family looks or says: "rissoles again."

Cold Boiled or Roast Beef and Salad.—Cold beef which comes to the table time after time in a more and more mangled condition gets wearisome to the point of taking away your appetite. How different is the effect produced by the meat when it is served as part of a well-prepared salad with a good dressing. The beef can be cut in slices, and arranged on a dish within a ring of salad; or it can be cut in dice and incorporated with the salad. Here are a few suggestions for suitable salads and dressings to serve with cold beef:

(a) Potato Salad with Mayonnaise Sauce.

(b) French Bean Salad with plain oil and vinegar dressing, or mayonnaise—you can use your salted beans for this salad and home-made herb vinegar for the dressing.

(c) Haricot Bean Salad—of course the beans must have been previously soaked and boiled in time to get cold.

(d) Mixed Vegetable Salad, *i.e.* Salade Russe.

(e) Potato and Celery Salad—plain dressing. The potatoes should have been previously boiled, but the celery served raw and cut up into rings or small strips. See SALADS AND SALAD DRESSINGS.

Réchauffé of Boiled or Roast Beef with Tomato Sauce.—Cut the meat in slices and warm up in tomato sauce. You can buy the tomato sauce ready made, or use

from the reserve you have bottled for yourself.

Stocks of ready prepared sauces are a great saving of time and labour when you are preparing réchauffé dishes.

Other good sauces in which to heat up beef are: sauce aux champignons, sauce madère, sauce aux olives, etc. (see SAUCES).

Réchauffé of Beef with Cabbage.—Cut about $\frac{1}{4}$ lb. lean bacon into fingers, and lightly brown them in butter which has been previously melted; when they are a nice colour take them out of the pan and stir in with the butter a spoonful of flour. When the flour has taken on a light brown tinge, add a glass of water, a little parsley, thyme, salt and pepper, a bay leaf or two and a finely-chopped onion. Now put into the pan your piece of cold beef, which you should leave whole, and add the heart of a young and tender cabbage cut in quarters. Cook gently for *an hour and a half*. Serve up the beef surrounded by the bacon and cabbage and pour over the sauce, from which you have previously removed bay leaves and any other herbs you have put in unchopped. The fingers of bacon, which were browned at the outset of making the dish, can be warmed up in the pan with other ingredients a few minutes before dishing-up, or put back in the pan when meat and cabbage are added.

Omelette au Bœuf Bouilli.—Cut off some slices of cold boiled beef and recut into inch and a half squares. Heat a piece of butter in a frying-pan and lightly fry the meat. Now turn into the pan some well-beaten eggs, and fry the omelette to a nice golden-brown colour.

Réchauffé of Boiled or Roast Beef au Gratin.—Cut some bacon into small pieces and fry them

BEEF—*Continued.*

lightly. Transfer bacon to a fire-proof dish and with it make a bed by the addition of mushrooms, chopped onions and parsley, all sprinkled with a little salt and pepper. On this bed arrange slices of beef, and cover with a top layer of mushrooms, chopped onion and parsley, sprinkled with salt and pepper. Dust fairly thickly with breadcrumbs and pour over a glass of white wine, or some stock; cook in a quick oven until breadcrumbs are a nice golden-brown colour—*about 20 minutes.*

Pain de Bœuf can be made with remains of cold beef, and is very good, although not quite so tasty as when fresh meat is used. See recipe, p. 15.

Rissoles are commonly spoilt by being carelessly prepared. There is nothing repulsive in gristle when it is part of a joint, because it is big enough to be seen, and well-mannered people do not put it in their mouths. But a bit of gristle which is hidden away in minced meat and which you bite on un-awares, is so disgusting as to make you vow in language more forcible than polite that you will never again touch a rissole or anything akin to it.

Cut beef from bone and remove all skin and gristle. Mince finely in a mincing machine, and to the mince add a boiled onion or two, a little parsley and chervil and a few chives, all finely chopped, also a piece of bread soaked in milk. Season with salt and pepper, and thoroughly mix the ingredients. Bind with raw egg (use white and yolk), and shape into balls, flat cakes or small rolls, dust balls, etc., with flour, roll them in beaten-up egg, and then again in breadcrumbs.

Fry to a nice golden-brown colour; turn them frequently and baste them well, otherwise they will be sodden with the frying fat, instead of becoming surrounded with a nice crisp crust. Serve with rich brown gravy, or dry with fried parsley. A fashionable and attractive mode of serving up rissoles is to put them in a table napkin that has been folded envelope fashion, or in some other decorative form of pocket, and placed on a silver dish.

BEETROOT.

Recipes for Cooking,

see VEGETABLES, TO COOK.

BELGIAN SYRUP.

The town of Herve, in Belgium, is famous for the manufacture of a syrup, made from apples, which many people consider superior to golden syrup or treacle. It is certainly a very healthy and palatable change from molasses or jam, and spread on bread it is particularly good for children.

During the recent sugar shortage, experiments were made at a Belgian hospital in England, with the object of discovering whether a similar syrup could be extracted from English-grown apples and pears. On the authority of the Principal Medical Officer at the hospital, the results were eminently satisfactory, and supplies were produced on a practical scale which very materially assisted in adding to the creature comforts of the patients.

Those of you who have orchards, or who can easily procure large quantities of apples and pears—windfalls are quite good for the purpose—will, doubtless, be glad to have the recipe.

The syrup can be extracted from apples only, but it is preferable to

mix with them pears in the proportion of one-quarter to one-third of the weight of apples used.

The apples can be used whole or cut—the latter alternative affords the opportunity of utilising windfalls or damaged apples when imperfections have been removed. It is always better, however, to put two or three layers of whole fruit at the bottom of preserving-pan or kitchen copper.

The process of extracting the syrup includes three operations—

First Stage: *Cooking the Fruit.*—(1) Wash fruit and remove any blemishes, but do not peel and core. (2) Put the fruit in a preserving-pan or copper (made of cast iron, wrought iron, copper or enamel), with from 2 to 10 pints of water according to quantity of fruit and dimensions of receptacle, *i.e.* sufficient water only to do away with risk of burning. (3) Put lid on receptacle. It is permissible for quantity of fruit to exceed capacity of receptacle, but in this case top must be covered with two or three thicknesses of canvas or some clean sacks. (4) Cook gently for from 2½ to 3 hours. The cooked fruit should be as soft as baked apples for eating.

Second Stage: *Extraction of Syrup.*—(1) Put the cooked fruit in a press, as in cider-making. (2) Collect the liquid and pass it through a filter covered with butter muslin—or use a fine-meshed sieve with butter muslin over it.

Third Stage: *Refining.*—This third operation should be conducted in a copper vessel with a bottom thickness sufficient to minimise, as far as possible, risk of burning.

Generally speaking, the process of refining takes from 3 to 3½ hours on a hot fire, and reduces the filtered liquid to about one-fifth of its volume.

Constant supervision is necessary,

and the boiling liquid must be continuously stirred. During the first hour or so the liquid must be stirred with a ladle to prevent it from boiling over. Afterwards, the danger zone is at the bottom of the pan, and stirring must be conducted with a paddle-shaped piece of wood or flat bit of board to prevent the now syrupy liquid from adhering to bottom of pan and burning.

Soon after the liquid becomes syrupy, you must be on the lookout to discover when it shall have attained the desired consistency. Test from time to time by putting small quantity on a saucer and allowing it to cool. Bring the refining process to an end when the syrup on the saucer sets to the degree of thickness that pleases you.

Once the desired degree of consistency has been reached, turn contents of pan into a receptacle, such as jam jar or tub, where the syrup will keep good for years. In cooling, the syrup forms a crust, and as this absorbs any remaining bitterness, it should be removed with a spoon or ladle when syrup is required for consumption.

BEVERAGES,

see CHOCOLATE; COCOA; COFFEE; CUPS; FRUIT SYRUPS; TEA; and TISANES.

BILBERRIES.

To Bottle,

see PRESERVING FRUIT.

BILLIARD TABLES,

see HOUSE, EQUIPMENT OF, under *Tables.*

BISCUITS.

Here are a few recipes for inexpensive but very nice biscuits which can be made at home—

BISCUITS—*Continued.*

Alma Biscuits.—*Ingredients*—8 oz. of flour, 4 oz. of butter, 4 oz. castor sugar, 1 egg, 1 tablespoonful of cold water.

Sieve the flour, add the castor sugar and mix well, rub in butter. Mix to a smooth stiff paste by stirring in half the yolk of the egg and one tablespoonful of cold water. Roll out into a sheet about $\frac{1}{4}$ inch thick, cut sheet into narrow strips. Roll strips between the palms of your hands, then fashion the rolls into true lovers' knots.

Beat up remainder of egg ($\frac{1}{2}$ yolk and all the white). Dip biscuits in beaten-up egg, then in white sugar. Put biscuits on a cold tin, previously buttered, and bake in a moderate oven for about 15 minutes.

Ginger Fingers.—*Ingredients.*

— $\frac{1}{4}$ lb. golden syrup, $\frac{1}{4}$ lb. brown sugar, $\frac{1}{4}$ lb. butter or margarine, $\frac{3}{4}$ lb. flour, 1 teaspoonful of ground ginger, $\frac{1}{4}$ teaspoonful bicarbonate of soda.

Warm the syrup, sugar and butter till liquid; whilst mixture is hot, add the bicarbonate of soda, then the flour, and then the ginger. Mix well. Press into a well-buttered square tin about $\frac{1}{4}$ inch deep, cut lengthways and widthways into strips about 4 inches long and an inch wide. Bake in a moderate oven till you judge done. Whilst biscuits are still hot, draw a knife down the strips again, but do not remove them from the tin till they are cold.

Speculaus.—*Ingredients*—6 oz. of flour, 4 oz. of butter, 4 oz. of brown sugar, 1 teaspoonful of powdered cinnamon, a pinch of bicarbonate of soda.

Sieve flour, add sugar, cinnamon and bicarbonate of soda, and mix well. Rub in butter, then knead mixture into a smooth, stiff paste.

Stand paste aside for 24 hours. Roll out into a wafer-like sheet, cut into rounds with biscuit-cutter or rim of a tea-cup. Bake on a greased tin in a hot oven.

BLACKBERRIES.

To Bottle, to Can, to Pulp,
see PRESERVING FRUIT.

BLANCMANGE.

A simply made, inexpensive pudding to be served cold. It consists of milk, or milk and water, or syrup; thickened with an ingredient such as arrowroot, cornflour, ground rice, isinglass, rice, semolina or tapioca; sweetened; flavoured (optional); put into a mould to cool and set. The blancmange is turned out of the mould to be sent to table, and served with jam, stewed fruit or a sweet sauce.

Mould must be well damped with cold water before mixture is turned into it to set. The mould when filled should be stood in a cool place. It is better to wait till the following day for turning blancmange out of mould, but in an emergency the mould can be put in a bowl of cold water and stood on the bricks or on a marble slab to expedite cooling and setting to the stage that minimises risk of shape collapsing when turned out.

Fruit can be incorporated in a blancmange, to which end it should be put in mould during process of pouring in the thickened milk.

RECIPES.

Arrowroot Blancmange.—*Ingredients*—Two heaped tablespoonfuls of arrowroot, 1 pint of milk, lemon rind for flavouring, sugar to taste.

Mix arrowroot to a smooth paste with a little of the cold milk. Put

remainder of milk in a saucepan, add lemon peel and sugar, bring to the boil, then stand aside to simmer gently for about 20 minutes so that milk may absorb lemon flavouring. Remove lemon, and gradually pour hot milk over arrowroot paste, stirring all the time. Return to saucepan, bring to boil—stirring continuously—and continue boiling slowly for about 5 minutes. Pour into a mould, previously rinsed with cold water, and stand aside to set.

As alternative flavourings to lemon rind, you can use almond, vanilla or other essence; add a few drops of the flavouring essence to milk after it has been brought to the boil, and pour at once over arrowroot paste, thence proceeding in accordance with foregoing directions.

Cornflour Blancmange.—Proceed as for Arrowroot Blancmange, but use cornflour instead of arrowroot. Allow about the same quantity of cornflour to a pint of milk, *i.e.* ■ heaped tablespoonfuls, but as different brands vary in quality and thickening power, carefully note directions as given on packets.

Bay leaves impart a very nice flavour to cornflour blancmange; simmer a couple in the milk for 20 minutes before stirring latter into cornflour paste.

Fruit Blancmange.—Prepare a mixture as for Arrowroot, Cornflour or Ground Rice Blancmange up to point when it is ready to be turned into mould. In bottom of damped mould place a layer of glacé cherries, thin slices of banana, some fresh strawberries, or some previously cooked slices of apple; pour in half the blancmange mixture, cover with a middle layer of fruit, then add remainder of blancmange mixture. Stand aside to cool and set.

Ground Rice Blancmange.—

Proceed as for Arrowroot or Cornflour Blancmange, but use ground rice in a slightly less proportion and cook for a few minutes longer—2 level tablespoonfuls of ground rice to a pint of milk, and boil for 10 minutes after hot milk has been added to ground rice paste.

See also PRESERVING FRUIT, under *Ways of Using Bottled Fruit.*

BLOATERS.

Bloaters are usually grilled or fried. Seasonable, September to February.

Cut off head, split down back, remove roe and take out backbone. Grill over a clear fire on a gridiron which has been previously heated; cook fish inside down first, and then turn. Take care that roes do not fall through bars of gridiron.

Or, fry in a hot pan, which should contain only a little hot fat as bloaters are naturally rich in this ingredient. *Time*: 5 to 10 minutes, according to thickness.

BLOOD STAINS, TO REMOVE.

It is not an unusual thing for stockings to be marked as the result of a cut or scratch, or for handkerchiefs to be stained from doing service as a temporary bandage, or as a swab for a bleeding nose.

All such articles should be soaked in several relays of clean cold water previous to being washed with soap and warm water.

When soaking is impracticable, sponge soiled part of fabric with lukewarm water containing a few drops of ammonia.

BLUE WATER.

Blue water is used in washing to give a clear complexion to white clothes. Blue for this purpose is

BLUE WATER—*Continued.*

specially prepared in solid form, and is sold by all grocers and oil and colour stores. As a little of it goes a very long way, this household requisite is put up in small portions, which are usually cube-shaped.

Tie up one of these cubes in a flannel bag, and keep it in a jar ready for use; the jar is necessary, because if the blue bag were put down just anywhere it would leave its mark behind.

In a bath or a good-sized bowl of cold water, which is to serve as last rinsing water, gently move the blue bag about with one hand for a few seconds, and stir water well with the other hand—stir well to mix thoroughly. When water has assumed a *light* blue colour, take out blue bag.

Rinse, one at a time, any white garments that have gone through the wash-tub, taking care that they have free play when you move them about in the blue water, so that they can be evenly tinted all over. When garments are rolled in a heap, without being shaken out after wringing and given a blue dip *en masse*, they usually take on a streaky appearance which, far from improving any natural good looks they may have, makes them so unsightly that they call for another wash.

BOILED OR STEAMED PUD- DINGS.

There is an infinite variety of them, and they are often classed together under the epithet of "stodgy English puddings." It does happen, not infrequently, alas! that they are made and cooked in such a way that they turn out heavy. But when they are well made and well cooked they are among the nicest

and most nutritious of puddings, possessing the dual virtue of being light and substantial.

INGREDIENTS.—The main ingredients for any variety of boiled pudding are: sieved flour; pinch of salt; little baking-powder; fat in the form of butter, margarine, lard, dripping, suet or vegetable butter; water. Or, alternatives in the way of breadcrumbs instead of all or part of flour; milk or eggs, or milk and eggs to take the place of water. The proportion of fat to flour averages one half, *i.e.* 8 oz. of fat to 1 lb. of flour, more or less according to desired richness of pudding.

These ingredients may have one or many of numerous nice companions such as sugar, currants, sultanas, raisins, candied peel, nuts, chocolate powder or cocoa, crystallised fruits, marmalade, figs, dates, and ground or preserved ginger.

GENERAL PRINCIPLE OF MAKING.—Mix well the flour and baking-powder, then lightly rub in fat with the tips of your fingers. Add all other dry ingredients and toss them in a bowl with the tips of your fingers to mix well. Make a well in centre of mixture, gradually add water or other liquid and stir with a knife from sides to centre to turn mixture into a paste; paste should have a spongy appearance and come away clean from sides of bowl.

TO BOIL.—Grease a pudding-basin. Fill it with the mixture, but do not press the mixture down so that swelling is made impossible. Tie a greased paper over top of basin, and above this spread a floured cloth, which you should also tie down securely. Immerse basin in boiling water and allow pudding to boil for at least 2 hours. Actual

time depends on size of pudding, but a small pudding containing, say, $\frac{1}{4}$ to $\frac{1}{2}$ lb. of flour needs 2 hours boiling and a larger one at least 3 hours. The time may be shortened by about half an hour if breadcrumbs are used instead of flour. Water must not be allowed to go off the boil and basin must be kept under water, more boiling water being poured in at side of saucepan from time to time if necessary.

NOTE.—*Pudding-basins made with metal covers which fasten down securely with springs obviate the necessity for using pudding-cloths and are more reliably waterproof. Pudding should be covered with greased paper before metal top is fixed in position.*

The Roly-Poly type of boiled pudding cannot, of course, be cooked in a basin. Put roly-poly in a pudding-cloth, which has previously been dipped in boiling water, well wrung out and dredged with flour; roll it up in the cloth and tie up the ends.

TO STEAM.—Steaming is preferable to boiling, as being more conducive to lightness. Do not quite fill basin with pudding mixture; leave a clear inch from top of rim, and, during steaming, a well-made pudding will swell so as completely to fill basin. Tie down as for a boiled pudding. Stand basin in a steamer over a saucepan of boiling water, and keep boiling gently, but be careful not to let water go off the boil and to add a little more boiling water from time to time if necessary to keep saucepan about half full. Time allowed for steaming should be about half as long again as for boiling—a minimum of about 3 hours for a pudding containing $\frac{1}{2}$ lb. of flour.

To steam a Roly-Poly pudding, prepare it as for boiling, and when

it has been tied up in a cloth lay it on the steamer above a saucepan of boiling water. Do not roll cloth quite so tightly, or tie up ends quite so closely, as you would do if pudding were to be boiled, and take care that roly-poly is of a length which will be an easy fit for the steamer.

RECIPES.

Baroness Pudding.—*Ingredients*— $\frac{1}{2}$ lb. of flour, 1 teaspoonful of baking-powder, $\frac{1}{2}$ lb. finely-chopped suet, $\frac{1}{2}$ lb. raisins, $\frac{1}{4}$ lb. sugar, pinch of salt, $\frac{1}{2}$ pint milk.

Mix according to general directions previously given. *Boil for 2 hours, or, steam for 3 hours.*

Serve with a sweet sauce (see SAUCES, SWEET).

This is an aristocratic variety of Plum Duff.

Bread Pudding.—*Ingredients*— $\frac{1}{2}$ lb. stale bread, 1 tablespoonful of sugar, a few raisins, currants or sultanas, a bit of candied peel or angelica, 2 oz. finely-chopped suet, pinch of nutmeg or cinnamon, 1 egg, half a teacupful of milk.

Soak the bread in milk or water, then strain and squeeze it. Beat well with a fork, add stoned raisins or other dried fruit, sugar, finely-chopped peel or angelica, nutmeg or cinnamon, and stir to mix. Next stir in the suet, and finally the egg and milk, which should previously have been beaten together.

Boil for $1\frac{1}{2}$ hours or steam for 2 to $2\frac{1}{4}$ hours.

Chocolate Pudding.—*Ingredients*— $\frac{1}{4}$ lb. flour, 2 oz. chocolate powder or cocoa, pinch of salt, $\frac{1}{2}$ teaspoonful of baking-powder, 2 or 3 tablespoonfuls of sugar (varying according to whether you use cocoa powder or sweet chocolate powder), 2 oz. of butter, lard or

BOILED PUDDINGS—*Continued.*
other fat, 1 egg, and about 2 table-
spoonfuls of milk.

Mix according to general direc-
tions, previously given. Egg and
milk should be beaten together
before they are added.

Boil for $1\frac{1}{2}$ to 2 hours, or steam for
at least $2\frac{1}{2}$ hours. Serve with choco-
late sauce (see SAUCES, SWEET).

Christmas Pudding.—*Ingredi-
ents*—These may be divided into
necessities and luxuries. The
necessities comprise flour and
breadcrumbs, an equal quantity of
each, or more breadcrumbs up to
about four times the weight of the
flour; finely-chopped suet of a
weight equal, or very nearly equal,
to the combined weight of flour
and breadcrumbs, eggs and milk.

The luxuries include sugar and
spice, and all things nice in the
way of dried fruits, nuts and candied
peel, together with some brandy.

For a good pudding use $\frac{1}{4}$ lb.
of flour, $\frac{1}{4}$ lb. breadcrumbs, $\frac{1}{2}$ lb. of
suet, $\frac{1}{4}$ lb. of raisins, $\frac{1}{4}$ lb. currants,
 $\frac{1}{4}$ lb. sultanas, $\frac{1}{4}$ lb. mixed peel,
2 oz. almonds, a teaspoonful of
mixed powdered spice, $\frac{1}{2}$ teaspoon-
ful of ground cinnamon, a pinch of
salt, $\frac{1}{4}$ lb. of sugar, 1 lemon, 4 eggs,
 $\frac{1}{4}$ pint of milk, wineglassful of
brandy, a two-shilling piece, a six-
pence, a threepenny bit, a silver
ring, a silver thimble.

Clean and pick over fruit, stone
raisins, chop up candied peel, blanch
almonds and cut them up small, and
grate lemon rind.

Thoroughly mix all dry ingredi-
ents, including charms, in a basin.
Stir in milk, next the eggs one at a
time, then the brandy and then the
lemon juice. Stir well—all the
family should, to help, stir the
Christmas pudding for luck.

*Boil for at least 5 hours, or, steam
for at least 7 hours.*

Dripping Pudding.—*Ingredi-
ents*— $\frac{1}{2}$ lb. of flour, 3 to 6 oz. of
beef dripping, pinch of salt, tea-
spoonful of baking-powder.

Mix with water according to
general directions, previously given.

*Boil for 2 hours, or, steam for 3
hours.* Serve with jam.

A very wholesome and nourishing
pudding for children. Suitable, too,
as a luncheon or dinner course for
grown-ups; it will be as much ap-
preciated in the dining-room as in
the school-room.

Fruit Pudding.—Make a paste
as for Dripping Pudding, but instead
of the dripping you can use butter,
margarine, lard or suet; a suet crust
is usually preferred for these pud-
dings. Roll out rather thin.

Line a buttered pudding-basin
with the crust, fill up with fruit,
sprinkling latter at intervals with
sugar. Cover with a lid of pastry,
edge of which should be damped
all round so that you can connect
lid with edge of pastry lining. Boil
or steam as previously directed.

A pleasing variation is known as
a *Baked Boiled Pudding*: grease
pudding-basin with plenty of butter,
then sprinkle liberally with brown
sugar. Line basin with a suet crust,
fill up with fruit in usual way and
cover with a round of pastry to form
lid. Carefully turn pudding out of
basin into a baking-tin and cover
surface of pudding with butter and
sugar scraped out of the basin.
Cook in the oven, basting frequently
with the melted butter and sugar
until pudding has a brown and
sticky surface resembling toffee.
If basting material runs short, put
more butter and sugar in the
tin.

Ginger Pudding.—Proceed as

for Chocolate Pudding, but omit chocolate powder and add about a teaspoonful of ground ginger. For a superior pudding of this variety, include some preserved ginger, which you should cut up into small pieces.

Half-Pay Pudding.—*Ingredients*—Proceed as for Dripping Pudding, but use half flour and half breadcrumbs; include some stoned raisins, crystallised cherries, candied peel and angelica; mix with milk.

Plum Duff.—Proceed as for Dripping Pudding, or use finely-chopped suet instead of dripping. Include some stoned raisins.

Spotted Dick.—Proceed as for Dripping Pudding, or use finely-chopped suet instead of dripping. Include some currants. Shape into a roly-poly and boil or steam in accordance with general directions previously given.

Suet Pudding, Plain.—Proceed as for Dripping Pudding, but use finely-chopped suet instead of dripping. Boil or steam in a basin or in roly-poly form. Serve with jam or golden syrup.

Treacle Pudding.—Line a well-greased pudding-basin with suet crust made as for Fruit Pudding. Roll part of the crust out very thinly and cut into rounds to fit the basin. Into the lined basin put a layer of treacle or golden syrup, sprinkle liberally with breadcrumbs and cover with a leaf of pastry. Repeat until basin is full, then cover with lid of suet crust as for Fruit Pudding. Boil or steam.

BOILING POINT for water and milk, 212° Fahrenheit.

BOOKCASES & BOOKSHELVES,
see HOUSE, EQUIPMENT OF.

BOOTS AND SHOES.

Choice.—Choose the class of footwear suitable to the occasion on which it is to be worn. The style that looks well at the races is quite out of place on a country road, not only from the point of view of service possibilities, but as regards chicness of appearance.

Fit.—You cannot be too careful in the choice of fit. Choice of fit is too commonly subordinated to choice of style. When trying on a pair of shoes or boots which you are thinking of buying, first have them completely laced or buttoned, then walk up and down the fitting-room in them three or four times. Any defect in the fit should reveal itself as the foot settles down in the shoe, either by the pinching of toes as the foot is thrown forward, or slipping at the heel. Fit is an important factor in durability, for the shoe that fits well will wear longer and keep its shape better than an ill-fitting one.

There is only one compensation in the wearing of an uncomfortable shoe—it makes one forget other worries.

Care of.—When you are smartly shod, your clothes will pass muster even if they are a bit the worse for wear and a season behind the fashion. But shabby shoes or boots spoil the whole effect of the most spick-and-span and best cut suit or costume.

It is, therefore, essential to take even more care of footwear than of clothes. Yet how many people do so? Coat-hangers and trouser-pressers are common accessories in every household, but boots and shoes are usually thrown under the chairs or in the fender.

A few hints concerning ways and means of caring for footwear will, it

BOOTS—*Continued.*

is hoped, enable you in future to make your boots and shoes last twice as long and always look presentable.

Keep all boots and shoes on trees when not in wear. Put them on trees directly you take them off your feet. The trees should not be adjusted too tightly, for if they are a bit too wide or too long, they will stretch the leather and make the boots too large, thereby causing them to crack and lose their smart appearance.

Never place wet or damp boots on or too near any stove or hot-water pipes to dry; such treatment inevitably leads to cracking of soles and uppers.

Never wear down heels lower than the second lift; it is even wiser to have heels set up directly first lift is worn down. Neglect of this precaution is one of the main causes of boots and shoes losing their shape—the foot is thrown over on its side, causing a strain on the upper and treading over on the welt.

Have at least three or four pairs in regular use, and wear alternately, thus giving the shoes or boots a chance to retain their original shape.

Cleaning. — Always brush off thoroughly all dirt and dust before putting on any polish.

Use as little polish as possible; polish applied with a heavy hand dries on the leather and cakes, causing the first intimation of cracking.

Paste or cream should always be applied with a cloth—well doubled over the fingers to avoid soiling the hands—afterwards well brushed, and, last of all, lightly and quickly rubbed with the usual pad designed for the purpose.

If these instructions are carefully followed, a beautiful, mirrored surface will result.

See also **PACKING**.

BOTTLED FRUITS.

Recipes for Cooking,
see **PRESERVING FRUIT**.

BOTTLED VEGETABLES.

To Cook,
see **PRESERVING VEGETABLES**.

BOTTLING,

see **PRESERVING FRUIT**; and
PRESERVING VEGETABLES.

BOUQUET.

Bouquet is the short for “Bouquet garni,” a well-known French combination of aromatic herbs used in the flavouring of sauces and stews. It is made up of a sprig or two of parsley, one or two bay leaves, a sprig of thyme. Put thyme and bay leaves together, wrap round with parsley, and tie up the little bouquet with a piece of cotton. Other herbs, such as chervil or marjoram, can, if liked, be included with the thyme and bay leaves before parsley wrapping is adjusted. It is preferable to use herbs in bouquet form, for the little bunch can then be easily removed from stews or sauces at dishing-up time. Flavourings have an added charm when your eyes are not confronted with their origin.

BRASS, TO CLEAN.

Lacquered. — Lacquering is a surface treatment designed to keep brass from tarnishing. Many people object to this artificial polish, and will take trouble to remove it so that the metal may be given a natural lustre with the application of a little metal polish and plenty of elbow grease. If, however, you want the lacquer to

remain intact, you must not touch it with metal polish. Keep lacquered brass clean by rubbing it with a leather. When the lacquer will no longer respond to this treatment, wash it over with a cloth dipped in warm soapy water, rinse with clear warm water, dry with a clean cloth and polish with a leather; add a little borax if water is very hard. If stains do not vanish under this treatment, rub with a bit of lemon, after which wash and polish.

Non-Lacquered. — There are many ways of making a brass-polishing preparation at home, but what you may possibly save in money you will certainly lose in time. There are several excellent preparations on the market; in the use of any of them the secret of success lies in applying them sparingly and rubbing generously.

BRILL.

Brill is usually boiled plain or in court-bouillon.

For *details of these methods*, see under FISH.

Time: about 15 minutes for a small fish, 20 minutes for a large one.

BROCCOLI.

Recipes for Cooking,
see VEGETABLES, TO COOK.

BRUISES.

Wash the affected part and all round it with a warm solution of boracic powder and water. Cover the bruise with a cold compress of flannel or old linen dipped in Goulard's Water (sold by chemists). Cover with oilskin and keep in position with a bandage.

BRUSSELS SPROUTS.

Recipes for Cooking,
see VEGETABLES, TO COOK.

BUREAUX,

see HOUSE, EQUIPMENT OF.

BURNS AND SCALDS.

Burns are caused by dry heat, by the action of caustic substances, by lightning or by electric wires; scalds are caused by moist heat, such as steam or boiling water.

Burns and scalds are similarly treated, method of treatment depending on degree of injury.

First degree.—Skin is red.

Dust thickly the affected part with boracic powder or with powdered whitening—or, if you have nothing else in the house, some powdered starch or some flour. Place a pad of cotton-wool over this dressing and bind up to keep in position.

Second degree.—Blisters are raised.

Take special care not to burst the blisters—they prevent risk of infection. Dress with best quality carron oil spread on lint; cover with oilskin and bind up. Or, instead of carron oil, use boracic ointment spread on lint.

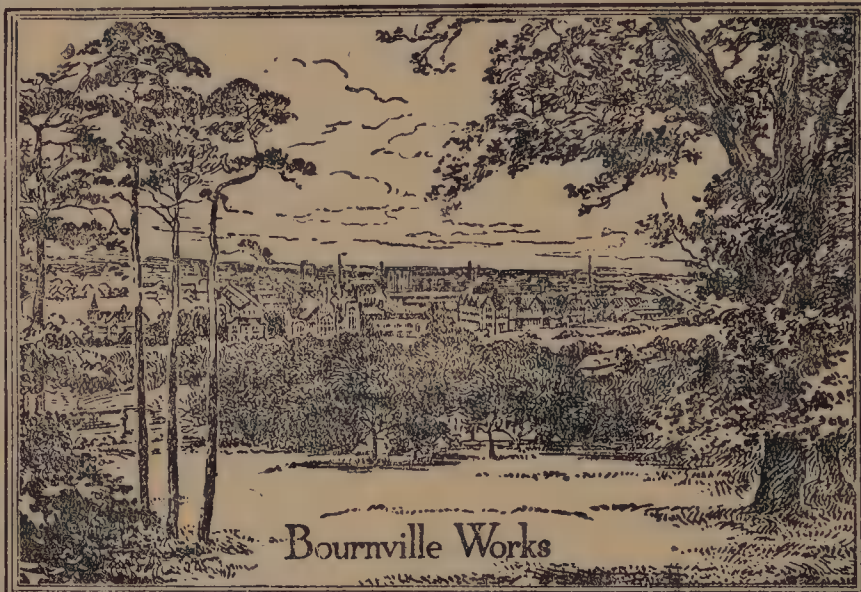
Third degree.—Skin is broken.

Disinfect skin round the affected part with a solution of boracic powder and warm water. Proceed to dress with carron oil or boracic ointment spread on lint, as previously directed.

In case of a severe burn or scald, apply immediately a simple dressing of clean linen wrung out in boracic solution, and call in a doctor.

BUTTER.

To keep fresh and firm in hot weather.—Immerse butter in a bowl of cold water, and stand in a cool, well-ventilated place. Change water night and morning.



The Factory in a Garden

It is important that Food Products should be manufactured under clean and healthy conditions.

This essential has been fully observed at Bournville, where every detail to promote cleanliness and the good health of the workers has been considered. Such ideal conditions ensure ideal productions.

Cadbury's Cocoa and Chocolates

MADE AT BOURNVILLE.

See the name "Cadbury" on every piece of Chocolate.

Cadbury, Bournville.

See Boiled Puddings; Chocolate; Cocoa; Creams; and Souffles.

C

CABBAGES.*Recipes for Cooking*

see VEGETABLES, TO COOK.

CAKES.

The main ingredients of a cake are flour, sugar, pinch of salt, a little baking-powder or a pinch of bicarbonate of soda, butter, milk (or milk and water) and eggs.

Cornflour or ground rice may be used in conjunction with wheaten flour.

The principal ingredients added for variety's sake are: dried fruits, notably currants, raisins and sultanas; candied peel; crystallised cherries; almonds or other nuts.

TO BAKE.—Put cakes first of all into a hot oven and leave them for 10 or 15 minutes to rise; during this time do not open oven door. Afterwards, transfer them to a cool part of the oven to let them cook through.

TO TEST WHETHER CAKE IS COOKED.—Lightly insert in cake the blade of a clean steel knife and withdraw same; if cake is cooked through, knife will emerge clean, clouded by the heat but without any appearance of stickiness.

RECIPES.

Lunch Cake. — *Ingredients* — $\frac{1}{2}$ lb. of flour, 3 oz. of dripping, 3 tablespoonfuls of brown sugar, a few currants and sultanas, a teaspoonful of baking-powder, 1 egg, $\frac{1}{2}$ teacupful of milk. Clean and pick over fruit. Rub dripping into flour with tips of fingers, add other dry ingredients and toss lightly to mix well. Stir in egg and milk,

beat well for 5 minutes. *Bake in a well-greased tin for about $1\frac{1}{2}$ hours.*

Madeleines. — *Ingredients* — 4 eggs, the weight of the 4 eggs in flour, and similar weights of sugar and butter, a few drops of lemon juice.

Break eggs, separate whites from yolks and stir into latter the sugar, lemon juice, butter, which should previously have been softened by gentle heat, and finally the flour. Beat well with a wooden spoon. Now lightly stir into mixture whites of eggs, previously unbeaten. Well butter some madeleine moulds and fill them with the cake mixture.

Bake for 20 to 30 minutes.

Plum Cake. — *Ingredients* — 1 lb. of flour, 6 oz. of butter, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. sultanas, $\frac{1}{4}$ lb. mixed peel, $\frac{1}{2}$ lb. brown sugar, 2 eggs, rather more than $\frac{1}{2}$ teacupful of milk, $\frac{1}{2}$ teacupful of bicarbonate of soda.

Sieve flour, soften butter if necessary by warming slightly, clean fruit, chop peel.

Rub butter lightly into flour until mixture is well crumbly. Add sugar, fruit and peel and toss to mix well. Beat eggs well, add milk to them and stir in the bicarbonate of soda, which should previously have been dissolved with a little of the milk. Gradually stir liquid mixture into dry mixture, and when the two have been amalgamated beat well for 5 minutes. Grease two cake-tins and put one-half of the cake mixture into each. Tin should only be about two-thirds full to allow room for rising. *Bake for $1\frac{1}{4}$ hours.*

Quatre Quarts. — Proceed as for Madeleines, but before adding

CAKES—*Continued.*

whites of eggs beat them to a stiff froth. Put mixture into a well-buttered pound cake-tin, only half-filling tin as cake should swell to nearly twice its size when cooking. Well sprinkle surface with chopped almonds, previously blanched.

Rice Cake.—*Ingredients*— $\frac{1}{4}$ lb. ground rice, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. butter or margarine, $\frac{1}{4}$ lb. castor sugar, $\frac{1}{2}$ teaspoonful of baking-powder, 2 eggs, flavouring such as grated rind of lemon, or a few drops of essence of lemon or essence of vanilla.

Sieve flour and ground rice and toss them and the baking-powder lightly together to mix well. Beat butter and sugar to a cream, beat in eggs one at a time, then add flour and rice mixture and beat well. Turn into a well-greased tin and *bake for 1 to 1 $\frac{1}{2}$ hours.*

Rock Cakes.—*Ingredients*— $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter or margarine, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. currants, teaspoonful of baking-powder, 1 egg.

Sieve flour and clean currants. Rub butter or margarine into the flour, add currants, sugar and baking-powder and toss lightly to mix the dry ingredients. Add egg and stir to mix. Pile little rock-like mounds of the mixture on a greased tin and *bake for about 20 minutes.*

Short Cakes.— Make some pastry as for Short Crust (see PASTES AND PASTRY), but include among the ingredients some sugar, and some sultanas or currants. These cakes can be baked or fried; frying is a convenient method of cooking them when you do not want to use coal for getting the oven hot just to cook a few cakes.

CANDLE GREASE, TO REMOVE.

From Unwashable Fabrics.— Put a piece of clean brown paper

or blotting-paper over spot, and pass a warm flat-iron over paper; the paper will absorb the grease. In the case of a delicate fabric such as silk, use tissue paper instead of brown paper. When treating a candle-grease spot on velvet, or a carpet of delicate pile, get some one to stretch the tissue paper across spot and hold it in position for you whilst you very lightly skim the iron over the paper to draw up the grease.

From Washable Fabrics.— Washing in hot water is usually sufficient to remove candle-grease spots from cotton and suchlike materials.

From Wood.—Lightly scrape off grease with back of a knife, taking care not to scratch or cut surface of wood. Polish with a chamois duster.

CANNING,

see PRESERVING FRUIT; and PRESERVING VEGETABLES.

CAPITAL.

Your capital is anything you may possess which has the power of being continuously productive. Your brain is as much a part of your capital as is the house you live in if it is your own, or any money you have invested in stocks and shares. Your chickens are part of your capital; so, too, is your sewing-machine, and the soil of your garden if the land is your own.

Never draw on your capital except for the purpose of increasing its productive power. For instance, do not sell your war bonds to gratify the futile ambition of having a new fur coat that will make you the envy of your neighbours.

If you are married, encourage your husband to talk over with you

his business affairs, so that you may clearly understand what constitutes his capital as distinct from his income. Such an understanding will go far towards making you a real partner in the home, with a practical knowledge of how to check expenditure so that it does not eat into capital.

CAPSICUMS.

Capsicum is the family name for several varieties of a plant, the fruits of which are used as a spice. The pods vary considerably in size, but all are hot to a degree which may be called strong.

The best-known variety of capsicums is the Red Chilli, which is used to flavour mixed pickles. Chilli pods, when ground in a mill, become Cayenne Pepper.

Chilli Vinegar is made by steeping chilli pods in vinegar:

Use about 50 small red chillies to 1 pint of pickling vinegar. Boil vinegar, then stand aside to get quite cold. Cut chillies in halves, pour over them the boiled vinegar, and store in well-corked bottles. Ready for use about a fortnight from time of preparation. Serve with shell-fish, such as oysters and crab. As this vinegar is very strong, it should be sent to table in a small bottle fitted with a tube, from which it can be sprinkled drop by drop.

CARAMEL, for Puddings.

Hot or cold puddings can be served *au caramel* by a very simple method of treating basin or mould with sugar to replace the usual preliminary of greasing receptacle with butter or rinsing it out with cold water. Caramel improves both the appearance and taste of several varieties of pudding.

Put in basin or mould 6 or 7

c

lumps of sugar, and let it melt under influence of moderate heat until it becomes a nice brown colour; then add a spoonful of cold water, and with this mixture damp the entire inner surface of the receptacle. Into basin or mould thus prepared turn custard, boiled rice, semolina and such like pudding mixtures.

RECIPES.

Caramel Cabinet Pudding.—

Prepare basin with caramel. Line bottom of basin with stoned raisins, and sides with thin slices of crumb of bread. Break up a few odd pieces of crumb of bread, and put them into hollow of basin, then add a few more raisins. Fill up with a boiled custard mixture made by adding a pint of milk to 2 eggs beaten up with a little sugar and flavoured with a few drops of vanilla or other essence.

Cover basin with a greased paper, tie down, and steam for one hour.

If to be served hot, turn at once out of basin, when the caramel will run off on to the pudding, and serve as a sauce.

If to be served cold, let pudding cool before turning it out, when caramel will come away with it as a toffee-like garnish.

Caramel Custard.— Prepare mould with caramel. Pour in a boiled custard mixture made with milk, sugar and custard powder, or milk, sugar and beaten-up eggs. Tie down with a greased paper and steam for about 40 minutes. Serve hot or cold.

Caramel Rice Pudding.— Prepare mould with caramel. Into a pint of boiling, sweetened milk, sprinkle 2 tablespoonfuls of rice, and cook till tender; stir in a few drops of flavouring essence.

Transfer to prepared mould.

CARMEL—*Continued.*

If to be served cold, simply stand aside to cool and set.

If to be served hot, tie down with a greased paper and steam for about 30 minutes.

A richer pudding of this kind can be made by stirring into the rice one or two well-beaten eggs. After the rice has been boiled in the milk, it must be left to cool before eggs are added, and even if the pudding is to be served cold it must be steamed.

CARDOONS.

Recipes for Cooking,
see VEGETABLES, TO COOK.

CARPETS,

see HOUSE, EQUIPMENT OF, under
Floor Coverings.

CARRIAGES, LICENCES FOR KEEPING,

see LICENCES.

CARROTS.

New, to Bottle, to Can;
Old, to Dry;
see PRESERVING VEGETABLES.
Recipes for Cooking,
see VEGETABLES, TO COOK.

CAULIFLOWERS.

Recipes for Cooking,
see VEGETABLES, TO COOK.

CELERY.

Recipes for Cooking,
see VEGETABLES, TO COOK.

CEREALS.

Cereals are grain foods, the seeds of the big family of plants known as grasses. Grain foods were much appreciated by the ancients; hence their name "cereals," after Ceres, the goddess of harvests.

Sometimes we use cereals in their *natural grain form*—rice, for example.

More often the grains are broken up for our use into some form of *meal or flour*—for example, coarse, medium and fine oatmeal, wheaten flour, maize-meal and cornflour.

Another very common way in which cereals are prepared for our use is by making a *paste of flour and water*, which is subsequently moulded into various forms and dried; thus we get macaroni and spaghetti.

Further, certain products which have the starchy nature of cereals are so prepared as to have the appearance of grains—tapioca from the root of a tree and sago from the pith of a palm. These manufactured grains are always classed as cereals.

For *Recipes*, see under respective names of cereals, such as CORNFLOUR, RICE, etc.

CHAIRS,

see HOUSE, EQUIPMENT OF.

CHAMPAGNE CUP,

see CUPS.

CHARLOTTE.

Charlotte is the name given to a special variety of pudding made with bread and fruit, or biscuits and fruit.

Apple Charlotte.—Peel, core and slice apples, put them into a stew-pan with a few drops of water to minimise risk of burning, add sugar to taste, and cook very gently until apples are nearly tender; shake the pan from time to time but do not stir, as latter treatment might break the slices. Flavour, if liked, with grated lemon rind and a few drops of lemon juice.

Fill a buttered pie-dish with alternate layers of thin bread and butter and apple slices, finishing off with a top layer of bread and butter.

Dot over with little bits of butter or cover over with a greased paper and bake till nicely brown. *Time*: 30 to 40 minutes.

Or,

Cook the apples till quite tender and then rub them through a sieve. Mix some baked breadcrumbs with butter and sugar—melt the butter in a basin, add a little sugar, put in the browned breadcrumbs and stir to mix.

Fill a buttered pie-dish with alternate layers of prepared breadcrumbs and apple pulp, finishing off with a top layer of breadcrumbs. Dot little bits of butter over the surface, and bake for about half an hour.

Or,

Proceed in accordance with the foregoing recipe, but only three parts fill the pie-dish, and finish off with a top layer of apple purée. Bake for about half an hour, then spread over the top or arrange in rock-like piles whites of egg, previously sweetened and beaten to a stiff froth. Return to oven and cook for a few minutes longer to brown the meringue.

Or,

Prepare apples in purée form as for the two preceding recipes, and lightly fry in butter some thin slices of bread, some having been cut into triangular pieces to fit bottom and top of mould, others cut straight to height of mould.

Line the bottom of a fireproof mould with the triangular pieces of fried bread, carefully arranging them so that points meet in centre in such a way that bottom of mould is com-

pletely covered; line sides of mould completely with the pieces of fried bread you have prepared for that purpose. Fill with prepared apple, and cover with a top layer of fried bread. Bake in a moderate oven for about half an hour.

Turn out on a dish to serve. Garnish with red-currant jelly and a sprinkling of castor sugar.

NOTE.—*Similar Charlottes may be made with gooseberries, cherries, plums, or practically any kind of fruit.*

Charlotte Russe.—A delicious but costly sweet suitable for serving on festive occasions.

Ingredients and Quantities for six people: 1 pint of new milk; a little bit of vanilla as flavouring; about 5 leaves of gelatine (exact quantity depends on strength of gelatine, which varies considerably with the make—when using packet gelatine, note directions on packet as regards quantity advised—as a rough guide, note that average allowance is 1 oz. of gelatine to 1 quart of liquid); 3 eggs; 1 tablespoonful best white flour; 2 tablespoonfuls white sugar; $\frac{1}{4}$ pint thick cream; a few sponge fingers and ratafias.

Heat up milk with sugar, gelatine and piece of vanilla; when sugar and gelatine have melted and milk is nicely flavoured, strain.

Mix the flour to a smooth paste with a little cold milk. Pour on to it the heated milk and leave to cool. Return to saucepan, stand saucepan to side of fire, and stir in yolks of eggs, which should previously have been beaten; continue stirring mixture until it forms a nice thick custard. Turn this custard into a bowl and leave for about half an hour to become tepid.

Put cream into the tepid custard and beat well with an egg-whisk.

CHARLOTTE—*Continued.*

Leave this mixture to become very nearly cold.

Whilst custard and cream mixture is cooling, beat up the whites of the eggs to a stiff froth.

Whisk the well-beaten whites of eggs into the nearly cold custard and cream mixture. Turn into a mould, previously rinsed out with cold water, or well greased with butter, and lined, sides and bottom, with sponge finger biscuits and ratafias. Stand in a cool place to set. Turn out to serve.

CHEESE.

Principal varieties—

British.

CHEDDAR.—A household cheese varying in flavour from mild to mediumly strong. Very nourishing.

CHESHIRE.—Closely resembles Cheddar, but is of softer consistency.

CREAM CHEESES.—Different counties are famous for special varieties. The different makes cover a wide range in flavour, quality and consistency.

GLOUCESTER.—A very mild household cheese. Made in two qualities—Single, from skimmed milk; Double, from full-cream milk. Double Gloucester is a general favourite.

STILTON.—A *recherché* cheese, generally considered by epicures to be the king of English cheeses. Most people would not say "Thank you" for a Stilton that has not been matured by age and port wine.
To serve: If bought by the pound, cut in cubes to send to table.

If you have a whole cheese,

cut off top to form a lid. Pin a serviette round body of cheese. Serve by scooping from the inside, and into the hollow thus made pour a glass of port. Replace lid when cheese is removed from table.

WENSLEYDALE.—A rich cheese akin to Stilton.

Imported.

Of the many varieties of cheese imported into England, the best-known are—

AMERICAN.—Both Cheddar and Cheshire varieties come over in large quantities from American factories. They are usually stronger in flavour than English makes.

BRIE.—One of the most delicious of French cheeses—of the cream variety. Only to be obtained from shops that deal in French provisions. Resembles Camembert, but being made in very large rounds is usually sold in triangular-shaped pieces. Is in prime condition when ripe, *i.e.* deep cream in colour, and soft.

CAMEMBERT.—The best known of French cheeses. Considered by many judges of good cheese as the best of all good makes. Sold whole, in boxes.

To serve: Remove cheese from box, scrape top, bottom and sides, and place on a round dish which has previously been furnished with a folded napkin, d'oyley or dish-paper. Sprinkle top sparsely with finely-rolled crumbs of baked bread (raspings). Connoisseurs will only eat Camembert when it is fully ripe, but the uninitiated prefer it firm and white.

COULOMMIER.—Resembles Camembert in form and Brie in taste. Another of the best French cheeses.

DUTCH.—Several varieties; the most popular is in the form of a ball. This household cheese is a great favourite.

GORGONZOLA.—Genuine Gorgonzola is made in Italy, but so popular has this cheese become that imitations are turned out on a large scale by English factories. Whereas in its homeland it is only eaten when quite fresh, in England it is only appreciated when it is well ripened and matured.

GRUYÈRE.—The best-known of Swiss cheeses. A very popular table cheese of the refined order, easily recognisable by the holes which are a feature of its interior. This cheese is in prime condition when it perspires, *i.e.* when the holes contain moisture. Gruyère is also invaluable for cooking purposes.

PARMESAN.—Another Italian cheese of refined quality. Never served at table in this country, but used largely for cooking purposes.

PORT SALUT.—A mild French cheese, creamy and smooth eating. Very suitable for a picnic.

ROQUEFORT.—A strong-flavoured French cheese, very nourishing, but of a much lower social status than Brie, Camembert or Coulommier.

CHEQUE BOOK,

see **BANKING.**

CHERRIES.

To Bottle, to Can,

see **PRESERVING FRUIT.**

CHERVIL.

Appreciation of this herb is an acquired taste, but once acquired, the omission of chervil from various good dishes would certainly not pass by unnoticed. Use the leaves to season green salads, or put a sprig or two of the delicate foliage into sauces, soups, and stews. Chervil resembles parsley in appearance, but is of finer texture and more refined in taste. You can obtain some very decorative effects by arranging the feathery foliage as a garniture to galantines and other *recherché* cold meats.

CHICKENS.

When buying a chicken for the table, ask, according to your requirements, for:

A chicken for roasting.

A fowl for boiling.

It is one thing to ask for what you want and another thing to get it, for which reason you should be able to criticise what is offered you.

A *chicken for roasting* must be young. It may be either a cockerel, which is to say a young male bird, or a pullet, which is a young female bird. In either case, the legs should be smooth and sturdy. Male birds have a projection on their legs known as a "spur," and this is a further indication of age, the spurs on a young bird being only slightly developed. In young chickens, pullets or cockerels, the end of the breastbone is soft and pliable.

A young chicken of any breed should, if plump, make a dainty roast. But some varieties are specially bred for table purposes rather than for egg production, and these usually have white as distinct from yellowish skin and flesh; select a white-fleshed bird for preference. The counties of Sussex and Surrey

CHICKENS—*Continued.*

are famous for breeding and fattening chickens for table use; birds from these districts are usually a little more expensive than chickens from other parts of the country, but are generally well worth the extra outlay.

Although a *fowl for boiling* need not be in its first youth, it must not be of an age which justifies your family in telling you, when it comes to table :

“That bird must have crowed
When they built the Tower of Babel,
'Twas fed by Cain and Abel,
And lived in Noah's stable.
All the shots that were fired
On the field of Waterloo
Could not penetrate or dislocate
That elongated, armour-plated
Cock-a-doodle-doo.”

Fowls for boiling cost less, in proportion to their weight, than young birds, because they have already paid for their board and lodging in this world by laying eggs and contributing to the reproduction of their race. But such birds should not have passed their third birthday, otherwise they are only fit for making broth.

NOTE—*Poultry is usually sold ready for cooking, that is to say plucked, drawn, and trussed. Make a point of asking for the giblets, as, failing such request, some poulterers take it for granted that these tit-bits are their perquisite. If you receive a present of unplucked birds, take them to your poulterer and ask him to dress them ready for cooking. Should you, however, be ambitious to perform this unpleasant job yourself, take a practical lesson on the subject from a poultry farmer.*

RECIPES.

Chicken, to Boil.—Put in saucepan sufficient water to cover the fowl, add salt, pepper, one or two carrots and onions cut in rounds, a sprig of parsley and thyme, one or

two bay leaves, and such of the giblets as have not been trussed in with the fowl. Let water come to the boil, then put in chicken and simmer gently till tender. *Time* : about 1 hour for a young chicken, 2 hours or more for an old bird.

Serve with a Sauce Béchamel made with the stock in which chicken has been boiled (see SAUCES).

Chicken, to Roast.—Liberal butter breast of chicken, put chicken in baking-tin and cook in quick oven, basting frequently. *Time* : about $\frac{3}{4}$ hour for a large fowl, 20 to 30 minutes for a small bird, 1 hour or rather more for an out-size bird.

Remove trussing-string and skewers and serve on dish garnished with watercress. Serve gravy in a sauce-boat.

To make the Gravy.—Drain fat from baking-tin, and add to what is left some of stock made by stewing the giblets, season with pepper and salt and strain.

Among the accompaniments which are much appreciated with roast chicken are: Rolls of Bacon (baked crisp), Bread Sauce, and Lettuce Salad. The rolls of bacon should be cooked on a skewer in a separate tin.

For making Bread Sauce, see SAUCES.

Poule au Pot.—*Ingredients*—A fowl for boiling, 1 lb. stewing beef, white heart of a cabbage, 4 or 5 carrots cut in quarters, 1 turnip cut in quarters, leeks, salt, pepper.

Stew all ingredients in 5 pints of water for about 2½ hours.

Poule au Pot provides several good dishes—

(a) Excellent Broth. Such broth is particularly suitable for children or invalids, and makes a nice change from beef tea.

(b) The Boiled Beef can be eaten hot with vegetables, or left to go cold for making a salad or Shepherd's pie.

(c) The Boiled Chicken should make two good meals for a small family. First meal—plain boiled chicken with vegetables. Second meal—cut up what is left, warm the pieces in some of the broth, and serve with boiled rice. If sufficient of the broth is available cook the rice in it; or substitute pearl barley for the rice.

Poule au Riz.—Proceed as for Boiled Chicken (see *previous Recipe*). Twenty minutes before chicken will be ready for dishing up put some rice to boil in the stock.

To serve: Cut up fowl, arrange in centre of dish, cover with Béchamel sauce and surround with boiled rice, which should have been previously strained.

Yesterday's Chicken.—Do not send to table the mutilated carcass of a chicken, for even a make-up of parsley fails to make it look anything but a makeshift meal.

If you wish to serve the remains of yesterday's chicken cold, cut up what is left, and send to table with a surround of salad and a mayonnaise dressing.

On the other hand, a variety of hot dishes can be prepared, such as Croquettes de Volaille, Curried Chicken, and Blanquette de Volaille.

See VEAL, under *Blanquette de Veau* and *Croquettes de Veau*; and CURRY.

CHICORY.

Recipes for Cooking,
see VEGETABLES, TO COOK.

CHILBLAINS.

Rub with an ointment consisting

of vaseline and Ichthyol, proportion of 30 grammes vaseline to 15 grammes Ichthyol.

This is only one of many remedies, and what soothes one person's chilblains is an irritant to the same trouble in another person. A good alternative remedy is Grasshopper ointment, and the old-fashioned remedy is to soak affected hands or feet in strong mustard and water as hot as you can bear it.

CHILDREN.

"Bring up a child in the way it should go and when it is old enough, it will depart from it," says the cynic. But the latter-day parent knows that there is a catch in this maxim, and that if the parent can but bring enough common-sense to the matter of finding out what is truly "the way it should go," the habit of walking in that way will be so engrained that the child will in all likelihood show no disposition to depart from it later.

The woman who wants to ensure that her child shall early show itself amenable to being "brought up," must first lay the foundations of good health for it. The healthy child is the best material for training, for it is by nature the best tempered and the most open to reason. To secure a child of this type, the best means is to select for it a father who is healthy in mind and body. You cannot always depend on his offspring taking after him, but the chances are on your side. At any rate, you will have fewer inherited annoyances to contend with.

Choice of a Nurse.—Taking, therefore, as a good working hypothesis that your child, as the offspring of healthy, happy parents, is born with a fair share of good health and good temper, the first question is how to maintain these

CHILDREN—*Continued.*

good qualities. Now, if you intend to keep a nurse for the infant, there are two courses open to you, and you must decide for yourself which is the preferable. The first is to engage a highly-paid and highly-trained nurse, who will take the whole responsibility of the newly-born off your hands, and at the same time reign in absolute power over the nursery, the child, and all that pertains to it. For women, professional or otherwise, whose work calls them frequently from the home, the choice of a fully-trained nurse has advantages, though even then she needs to be selected with the greatest circumspection.

The second course is to equip yourself, by reading, attending classes, or seeking advice of experienced mothers, with up-to-date practical knowledge on the rearing of infants, and to engage quite a young nursemaid (say from 18 to 23 years of age) who has a natural love of children and will be willing to work under your direct supervision. This type of girl is by no means so difficult to meet with as might be supposed. Having first extracted from your monthly nurse, prior to her departure, every particle of information she can afford you with regard to the feeding, washing and general care of a baby, you proceed to carry out her instructions yourself as soon as she leaves (a truly horrid moment for the young mother, who usually sheds a tear as soon as she finds herself bereft of her comfort and support!) and thus make careful, practical test of her wisdom. Let the young nurse watch all you do for the child for some weeks before you allow her to assume the duties, and do not leave her to carry out these duties alone until she has

performed them several times under your watchful eye. If she really loves babies, she will be only too anxious to qualify for the privilege of looking after yours, and you will soon find yourself relieved of the bulk of the work.

Food.—Circumstances permitting, feed Baby yourself. But when this is not possible or feasible, and pure nursery milk is not obtainable or does not give satisfactory results, give one of the patent foods recommended by the medical profession.

The two great bugbears of the young mother in regard to the baby's health are constipation and its opposite, diarrhœa. The first is most easily and most naturally combated by giving the child fruit-juice from quite an early age. Long before it arrives at the age of first teeth, it will be perfectly able to digest a little mashed banana with sifted sugar, mashed grapes or a well-squeezed orange (without pips, of course). This fruit diet works wonders in keeping a child in good form. Small but frequent ministrations of warm arrowroot are the best corrective for diarrhœa.

Commence solid food, with a little meat, directly the appearance of the first tooth tells you it is time for this change of diet.

Warmth.—A great secret in keeping Baby well and good-tempered lies in keeping him warm. A newly-born child is very sensitive to cold, and you need not be afraid of coddling him. The "hardening" process must not be begun until Baby can run well alone. If the child be born in cold weather, it must be treated to constant relays of hot bottles, both in its cradle and in its perambulator. If it cries or is sleepless, the cause is often

nothing more serious than lack of proper warmth. Bar out muslin and lace as far as possible from the layette, and substitute flannel; it may not look so festive, but it saves tears—and later, adenoids.

The Nursery.—There, is no getting away from the fact that the path of parents is a path of self-sacrifice from the very beginning. If you want the healthy, happy child, you must give up to him the sunniest, brightest, airiest room in the house, for sun and air are the two best elements in the cause of hygiene. The provision of two nurseries, one for day and one for night, is unnecessary, provided the one room be always thoroughly aired twice a day when nurse and child are out for their morning and afternoon walks. Indeed, it is difficult in these days to find a nurse who will be willing to keep two nurseries clean and do washing and mending for the child as well. Avoid carpets and rugs for the nursery, and choose instead cork-carpet, which is warm to the touch and easily cleaned, and washable cotton mats. Pale green distemper is better than white for the walls, as the latter is considered by many eye-specialists to be too glaring for the sensitive eyesight of very young children. The nursery furniture should, if possible, be of plain, unpolished wood, such as can be periodically washed, and sharp corners should be avoided. Everything should be rounded, not angular. The cot must not swing, nor must Baby be “dandled.” Motion of this sort is bad for the spine, and Baby must be trained to go to sleep without this aid.

Training the Nurse.—Most mothers find that it is a more tiresome business to train the nurse than

to train the child. Many nurses seem to consider that their mistresses will not think they have earned their wages unless they are constantly thwarting and correcting the child, and causing it to cry. The nurse whose charge is a crying child is self-condemned. There is no need for the healthy, happy child to cry. It can be taught obedience without tears. The nurse should not deny it what it wants without a very good reason, and must learn to rule out the word “Don’t,” as far as she can, from her vocabulary. When it is really desirable to frustrate some knavish trick in the child, it is far better to divert the child’s attention to something attractive.

Elementary Education of Children.—Never command, and never inculcate the consciousness of sin. It is fatal to make a child feel that he is a wrong-doer; rather make him believe that he has all the potentialities for virtue within him.

No parents need have a greedy child, nor a selfish one. The child that has always free access to any good things that may be on the table learns not to regard them as any special treat, and does not understand the meaning of greed. There is no reason why a child’s food should ever be unpalatable. It is unappetising food that makes the greedy child, hence mothers have this matter entirely in their own hands.

It is amazing how readily children assimilate simple principles of ethics. Indeed they positively prefer books and stories with good, sound morals, and the spirit of unselfishness is particularly easy to inculcate. Do not begin to teach a child stereotyped prayers until it is able to understand and appreciate the

CHILDREN—*Continued.*

words. Most children will show their parents quite clearly when they are able to absorb teaching of this kind, but if such teaching be undertaken prematurely, it evokes no response and becomes quite meaningless.

The "only" child, such a feature of latter-day households, requires special care in the upbringing. It should be sent to a kindergarten at a far earlier age than one with brothers and sisters, so that it may learn the valuable lessons to be acquired from intercourse with its kind. Also it should be allowed frequent young visitors to tea, etc., so that it may be taught to share joys, take a "sporting" part in games, and so on.

Punishments.—The wise and up-to-date mother will eliminate punishment as far as possible from her scheme of things. If virtue be its own reward, so too should be vice, and the only really good punishments are those which arise naturally out of the offence. More is done by the child in ignorance than in mischief, and the most careful study of the child's psychology must be made to ensure that its motives are fully understood. Nobody but the mother or father should be allowed to punish. Most emphatically, not the nurse. And corporal punishment, which invariably leads to feelings of revenge and resentment, should be entirely taboo; so, too, should be the principle of sending a child to bed without its meals. Both these systems of punishment are highly detrimental to health.

Do not be in a hurry to teach your child, and never fall into the error of desiring an infant prodigy. Many of the great men and women

of the world have been backward in their youth and made a late development, whereas the infant phenomena have stopped short comparatively early. The brain of the very young is growing as rapidly as the body; if you put too much strain upon it before it is properly developed, you will simply wear it out before its time.

Playtime.—Do not look on play for the children as a pastime or waste of time. Play may be made one of the greatest educational forces in training intellect, developing imagination, instilling discipline and inculcating self-reliance. The baby who is safely deposited within the protecting rails of a portable playground and given one or two suitable toys, soon learns to amuse himself and gets used to being by himself. Later on comes the time when the small child learns that toys bring the responsibility of keeping the toy cupboard tidy. Toys and games may be made the means of encouraging a bent for carpentering, drawing, painting. Both outdoor and indoor sports make for health and endurance. Pets, from silk-worms or white mice to a dog or a pony, encourage interest in and love for animals; their would-be owners should understand that if they consider themselves sufficiently grown-up to be the proud possessors of live stock, they must be sufficiently grown-up to feed and generally look after their pets, even when such care does not happen to fit in with their childish plans or moods of the moment.

Keep a careful eye upon your child's studies as soon as it goes to school or kindergarten, for schoolmasters and mistresses are often tempted to exploit bright pupils. Aim, not at having a clever child,

but at having a healthy and human one, and you will probably succeed in having a clever one into the bargain.

CHILLI VINEGAR,

see CAPSICUMS.

CHIMNEYS.

Chimneys should be kept clean to obviate risk of an outbreak of fire in them, to encourage fire in grate to burn brightly and economically, and to prevent a downfall of soot with its dirt-making consequences. It is usually sufficient to have chimneys swept once a year in all rooms where a fire is lit, except kitchen (see SPRING CLEANING). Kitchen chimney usually needs more frequent attention by the sweep, not only for safety's sake, but to keep stove up to the mark for cooking, and to ensure a plentiful supply of hot water; twice a year may be enough, but according to pattern of stove, work done by it, nature of coal and construction of chimney, three or four sweepings a year may be a necessity. It is best to take the sweep's advice on this matter.

On Fire.—Although it is against the law to let a chimney catch fire and the offence has to be expiated by payment of a fine, it is advisable to know what to do to prevent the necessity, in case of accident, of calling for the fire brigade.

Close all doors and windows of house. Take any other necessary precautions for shutting out draught from room with which burning chimney connects, and throw salt on fire in the grate.

CHINA,

Choice of,

see HOUSE, EQUIPMENT OF.

To Pack,

see PACKING.

To Wash.—Put china into a lather of hot water and soap, to which a little bit of soda may be added if articles are greasy or very dirty. Wash with a swab or mop. Rinse well, first in hot then in cold water. Drain well and dry thoroughly.

See also WASHING-UP.

CHIVES.

Chives are a variety of herb akin to the onion. Do not use the bulbous roots, but the tuft of grass-like leaves thrown out by the bulbs. Chop these leaves fine and add as a seasoning to salads. Use with a light hand.

CHOCOLATE.

Chocolate, taken in the form of a beverage, eaten as a sweetmeat, or in any other of the numerous ways to which it easily adapts itself for consumption, as in puddings and cakes, is a concentrated food-stuff with unrivalled qualities of nourishment and staying power.

It is prepared from the beans contained in the fruit of the cacao tree (see COCOA). The Spanish Conquerors of the New World found the American Indians cultivating the cacao tree, and through them learned the art of making the beverage Chocolate. So highly was chocolate appreciated by the Ancients, that it was called *Theobroma*, meaning "Gift of the gods."

To Make the Beverage, Chocolate.—Chocolate can be made with milk or water, but it is so good that it is worthy of milk.

Put a tablet of plain chocolate into an enamel saucepan with a very little milk—just enough to

CHOCOLATE—*Continued.*

prevent burning — and let the chocolate melt gradually over a slow fire, stirring and gently breaking up the tablet. When the chocolate is quite melted, add milk to make desired quantity of desirable consistency, and bring to the boil, stirring briskly. The chocolate should be frothy, from stirring, when served.

CHRISTMAS PUDDING,

see BOILED PUDDINGS.

CIDER CUP,

see CUPS.

CINDER SIFTER.

Requisite in every house as an aid to economy. Choose an up-to-date model whereby sifting is performed in an enclosed space, so that manipulator and surroundings do not get a dust bath.

CINNAMON.

This spice is the bark of young shoots of a small evergreen tree, whose home is the Island of Ceylon. Cinnamon comes to us from that island with a recommendation of the Ancients, by whom it was well known and largely used.

Cinnamon is sold in the form of "quills" and of powder, the former being strips of the dried bark. The quills have the advantage of being immune from adulteration.

You will find cinnamon excellent for flavouring sweets, such as a semolina mould, custards and creams; and beverages such as mulled claret, mulled punch, and chocolate. It is a sweet spice, specially suitable for use with dishes in which sugar is an ingredient.

Further, cinnamon is one of the component spices of curry powder.

CLARET CUP,

see CUPS.

CLEANING.

Daily Routine. — **BEFORE BREAKFAST** — Open any windows that have been closed for the night, and let in as much fresh air as possible.

Remove ashes from kitchen grate, sweep up hearth and give top of stove a brush before fire is lit.

Take up pieces from dining-room floor, attend to grate if necessary, and dust room previous to laying breakfast.

Sweep and dust stairs and hall.

Clean steps.

Clean boots.

Open beds.

According to available labour, habits of family and other circumstances, it may be necessary to postpone some of this work until after breakfast. But in drawing up programme to suit your own special circumstances, remember that your first considerations should be hygiene and the comfort of such members of the family as have to leave the house early.

AFTER BREAKFAST — Wash up breakfast things.

Clean knives.

Make beds, empty slops, sweep and dust bedrooms.

Wash out bath and lavatory basins and rub up taps.

Flush water-closet pans with a disinfectant and dust woodwork of lavatories.

Sweep and dust reception-rooms; when necessary, clean grates and lay fires.

Clean lamps, oil stove or any other such heating or lighting apparatus.

AFTER LUNCH—Wash-up.

Clean kitchen stove, removing

grease marks by rubbing with newspaper or a turpentine rag, and afterwards brushing with stove polishing brush; hearthstone or red ochre hearth, sweep or wash over, and dust kitchen and scrub the table.

AFTER DINNER—Wash-up.

Sweep kitchen floor and generally put kitchen tidy so that there is nothing to do there before breakfast the next morning, except attend to the fire-place.

NOTE.—*Each day's routine work should include its fair share of the weekly routine work.*

Weekly Routine.—Every room should be thoroughly turned out once a week, floors washed or polished, and windows cleaned.

Stairs and passages should receive similar attention, and stair rods be polished.

Thoroughly scour bath and lavatory basins with one of the special cleaning preparations sold for this purpose, or clean with a rag dipped in paraffin and salt. Clean and polish all brass or other metal fittings.

Clean silver and plate, brass and copper.

Scrub out larder.

Scrub all brick or plain-boarded floors.

Clean flues of kitchen range, brush out oven and wash shelves; black-lead and polish all black parts and clean steel fittings with emery paper. Scrub dresser. Clean kettles.

Now and Again.—Cupboards and drawers should be turned out at intervals, walls swept down, household brushes washed, books removed from shelves and thoroughly dusted. If any cleaning has to be neglected, let it be amongst the things that are in evidence rather than allow dust, dirt and untidiness to be hidden away in drawers and cupboards. Have an occasional

turn-out, too, of papers, broken crockery, old pots and pans, old clothes, as hoarding makes for unnecessary cleaning.

Under present-day labour conditions you may feel that it is impossible to get through so much cleaning daily, weekly, and at other intervals. But the much becomes so very much less when it is done systematically under the direction of a guiding brain, particularly when the person with that brain knows how to do everything herself and understands how long or how little time it takes to do a thing well. The work, too, can be considerably reduced by a variety of labour-saving appliances; and if every one in the house cannot lend a hand with the work of the house, every one can at least do a very great deal towards minimising the amount of cleaning necessary.

See also **SPRING CLEANING**; **STAINS, TO REMOVE**; and respective names of various household accessories and utensils.

CLEANING UTENSILS,

see **HOUSE, EQUIPMENT OF.**

CLOCKS,

see **HOUSE, EQUIPMENT OF.**

CLOTHES,

see **DRESSMAKING**; **FURS**; **MILLINERY**; **PACKING**; **PLAIN SEWING**; **SHOPPING**; and **STAINS, TO REMOVE.**

CLOVES.

Cloves are the dried unopened flower-buds of a tropical tree. The bulk of the world's supplies comes from Zanzibar and Pemba, on the East Coast of Africa.

Cloves are a savoury spice, specially suitable for flavouring stews. It is, however, a national

CLOVES—*Continued.*

custom of this country to put cloves with apples in whatever cooked form the fruit is served—apple tarts, apple turnovers, apple puddings, baked apples or apple sauce.

Ground cloves are an ingredient of various beverages, such as mulled ale, and punch.

COCOA.

Cocoa is prepared from the dried beans of the fruit pods of the cacao tree. These beans are very rich in fat. The circumstances of war made us acquainted with this fat, under its proper name of Cocoa Butter, but in normal times there is no cocoa butter to spare, as it is all required for the manufacture of chocolate.

Cocoa powder consists of ground cacao beans from which some or all of the fat has been extracted, the fat being too rich to suit many people's digestion. Those of you who prefer a richer drink than cocoa should use chocolate powder, or bars of plain chocolate. But pure cocoa powder is the basis of a very excellent and nourishing beverage that is more suitable for everyday consumption than its richer relative, chocolate.

Take care, however, to purchase only reputable brands. They are the cheapest in the long run, for the ostensibly cheap makes are adulterated with cornflour and other starch foods. The adulterants are harmless and even nourishing, but their food value is inferior to that of pure cocoa.

To Make Cocoa.—Cocoa may be made with milk, milk and water, or water. Obviously, the quality of the beverage is far superior when it is made with milk.

Allow one to two teaspoonfuls

per cup. Mix powder to a smooth paste with a little cold milk or water, boil remainder of required amount of milk or water and pour on to paste, stirring meanwhile.

COCOA STAINS, TO REMOVE.

Freshly made cocoa stains on washing materials can usually be removed by rinsing affected part in three or four relays of boiling water. Or, if stain is on a carpet, lightly rub with a clean cloth dipped in boiling water—make cloth into a pad so that you can wet it well without scalding your hands.

If stain has dried in, spread affected portion of article over a basin, rub with powdered borax and run boiling water through. Or, soak affected part for half an hour or so—all night in case of a tenacious stain—in the following mixture: to a teaspoonful of borax add just enough boiling water to dissolve it, then stir in $\frac{1}{2}$ pint of cold water. The stain having been obliterated by soaking, article should be hung out, if possible, in the sun previous to washing.

If borax treatment does not give a satisfactory result, have recourse to the more drastic medium of chloride of lime. Rub affected part with a rag dipped in a weak solution of one teaspoonful of chloride of lime to $\frac{1}{2}$ pint of water; or steep in a similar solution. Do not forget to rinse out thoroughly in three or four relays of clean warm water any portion of article that has come in contact with this solution, otherwise holes may take the place of stains. *To make the solution:* Very gradually stir cold water into the chloride of lime. Cover mixture, leave to stand for 24 hours, but stir well three or four times at intervals during this period. Strain through

fine muslin. Any surplus may be stored in a bottle; cork tightly, mark "Not to be taken," and keep well out of reach of the children.

Do not attempt to remove stains from a very delicate fabric, but send damaged article to a dry cleaner.

COD.

Usually boiled, fried or stewed. Seasonable, November to April; best in coldest months.

To Boil.—Put in plain, salted water, hot, but not boiling; *for details*, see FISH. *Time*: varies considerably according to thickness; about $\frac{1}{2}$ hour is the average.

To Fry.—Cod should be in slices about 1 inch thick. These steaks may be fried in hot fat or oil by any of the methods for frying detailed under FISH.

To Stew.—See FISH STEWS. Cod is one of the fish best suited to this method of cooking.

COD'S ROE.

When fresh, as distinct from smoked, cod's roe should always be boiled. It may then be served hot or cold; or, after being left to get cold, may be cut in slices and fried.

To Boil.—Wipe well with a clean, dry cloth. Tie in muslin or a cloth and cook in plain, salted water. See FISH. *Time*: $\frac{1}{2}$ hour to 1 hour according to thickness.

To Fry.—Cut cold, boiled roe in thick slices and fry in hot fat by any of the methods for frying detailed under FISH.

Smoked Cod's Roe needs no cooking.

COFFEE.

The beverage Coffee is prepared from the seeds in the fruit of the coffee plant, and these seeds, after they have been dried, are known as

"beans." Previous to playing the principal part in the preparation of the beverage coffee, these beans must be roasted and ground.

There are several varieties and qualities of coffee beans. A position of honour has been won by the "Mocha" of Arabia, first-class "Java" coffees, the "Blue Mountain" coffee of Jamaica, and first quality coffees of Bolivia and Costa Rica. As regards quantity of output, Brazil stands first as the biggest coffee producer in the world.

If you want a good cup of coffee, you *must* use good quality beans, freshly roasted to a "T" and freshly ground, and you must not grudge time or trouble in making the beverage.

There are now many reliable places from which you can obtain freshly ground coffee from freshly roasted beans; indeed, most of the leading grocers now sell freshly roasted beans, which they grind for you before your very eyes.

The alternative of roasting and grinding coffee beans for yourself is very simple, now that there are various makes of practical little coffee roasters and coffee mills, suitable for home use, on the market.

Take note that chicory, which is sometimes mixed with coffee, should not be scorned as an adulterant of coffee. Chicory is a natural vegetable product—you can grow it in your own garden—and many people prefer to have a little of it mixed with their coffee for Café au Lait.

Café au Lait.—To one breakfastcupful of water allow a table-spoonful of ground coffee, and, if flavour is liked, a small teaspoonful of chicory.

Boil the water; meanwhile heat coffee-pot—the pot should be

COFFEE—*Continued.*

equipped with a filter which perfectly fits the rim. You can yourself devise a very efficient filter by making a cone-shaped bag of white flannelette and sewing it round a wire hoop to fit top of your coffee-pot; twist ends to form a handle to hoop.

Put ground coffee, or coffee and chicory, in filter, and *gradually* pour on the boiling water, so that the liquid becomes impregnated with the flavour and aroma of the coffee whilst slowly percolating into the pot.

The pot should remain standing at side of fire during process of percolation, but not near enough to allow of contents actually coming to the boil.

Serve with boiling milk.

Café Noir.—Proceed as for Café au Lait, but omit chicory, and allow one dessertspoonful of ground coffee to a small black-coffee cupful of water.

COFFEE, TURKISH.

Use the same berries as for best quality black coffee, but have them ground very fine, almost to a powder. No chicory.

A special copper coffee-pot, of jug form with long handle, is essential; for the pot has to withstand the action of a hot fire, or the flame of a gas-stove or spirit-lamp.

Allow one full coffee-cup of water, and one heaped teaspoonful of coffee per person.

Bring water to the boil, and when boiling put in the coffee—remove pot from fire when you are putting in the coffee, to avoid a spill; stir gently to mix coffee with water. Replace pot on fire, and bring quickly to the boil. Remove immediately for a second or two, and when froth has subsided repeat the

process. Now stand pot on tray, and pour in a teaspoonful of cold water to induce grouts to settle. Leave for 2 or 3 minutes, then pour out very gently into fine china cups.

There is a special design of cups in which to serve Turkish coffee.

It is the custom in Oriental countries to serve Turkish Delight with Turkish coffee.

COFFEE STAINS, TO REMOVE.

Proceed in accordance with directions given under heading of COCOA STAINS.

COLDS AND CHILLS.

If taken in time, a cold may be averted by a dose of ammoniated quinine.

When cold insists on running its course, there is little to be done beyond keeping warm and avoiding draughts. But to obtain relief, put boiling water in a jug, and add a few drops of eucalyptus or Friar's balsam. Inhale; put a towel over your head to prevent escape of steam. Have something hot to drink when you are in bed—hot water with some lemon and sugar or a herb drink; see also TISANES.

For a chill with rise of temperature, go to bed and take aspirin. If temperature continues to rise, it is time to send for the doctor.

COLOURINGS, CULINARY.

The appearance of many dishes is greatly enhanced by the help of colour. There is no logical objection to the use of artificial aids to beauty in cooking, provided the colourings employed are harmless from the point of view of health. On the contrary, from the artistic standpoint, food, no less than dress, flowers or pictures, should make a strong appeal to the eye.

The courses which best lend themselves to improvement of appearance by artificial colouring are soups, sauces, stews and sweets.

FOR GRAVIES, SAUCES, SOUPS AND STEWS:—Brown and green, are the colours most frequently added to soups and sauces to give them an appetising appearance. Green, for instance, improves the look of a purée of peas, and produces an attractive variation of the ordinary mayonnaise sauce, whilst brown is frequently the means of preventing a nicely flavoured but somewhat anæmic looking soup or gravy from casting aspersions on its character.

Harmless green or brown colourings, suitable for soups, sauces, gravies and stews can be obtained ready-made in bottles; a little goes a long way, the cost is infinitesimal, and the pleasing effect has a practical food value. Parisian essence is a well-known browning, and Breton green a vegetable extract of high repute.

With the exercise of a little trouble and patience you can make brown or green colourings for yourself.

Browning.—To 1 lb. of loaf sugar add $\frac{1}{4}$ pint of cold water; boil until mixture is of a dark brown colour, almost black. Now add $\frac{1}{2}$ pint cold water and reboil till mixture is of the consistency of thick syrup. Bottle for use as required. This browning will remain good for any length of time.

Or,

If you want to thicken, as well as brown, your soup, etc., use Brown Roux (see SAUCES).

Spinach, Green.—Take some freshly cut uncooked spinach, pound it well and press out the juice. Put juice in a saucepan and simmer gently—but do not allow to come to

the boil—to banish harsh and raw taste. If required to keep for any length of time, add a little sugar during the cooking process, and store in a well-corked bottle for use as required.

FOR SWEETS:—The most useful colours for enhancing the appearance of sweets, such as jellies and creams, are:

Brown, green, red (in shades varying from pink to crimson), and yellow. Such colourings can be obtained ready prepared at a small cost; the best makes are of pure vegetable or animal origin—the browns are prepared from burnt sugar, the greens extracted from spinach, the pinks and reds obtained from the little insect called cochineal, and the yellows extracted from safflower, saffron, or turmeric.

Some colouring materials not only have the negative virtue of being harmless, but have the positive advantage of being nutritious. In this class come coffee, cocoa, fruit juices and jam, any of which add flavour as well as colour to such sweets as a cornflour mould or ground rice pudding. It is little or no more trouble to make a ground rice pudding with cocoa instead of plain milk—prepare cocoa as for drinking, and use with ground rice for a mould or pudding in exactly the same way as plain milk is used; or a cornflour shape with raspberry syrup instead of milk. Children much appreciate such changes from the plain-looking puddings that are commonly provided for them. Colour appeals to most children, and it is good to train their eye and encourage their taste in this direction.

FOR PICKLES.—For imparting an attractive yellow hue to vinegar as an ingredient for piccalilli, use

COLOURINGS—*Continued.*

turmeric, a spice which you can obtain from any chemist.

FOR CHEESE.—Use Annato, prepared from the seeds of a tropical shrub. If your grocer cannot supply you, order through a chemist. Annato colouring is of a reddish hue; shades ranging from palish yellow to deep orange are furnished by this colouring, according to quantity and strength used.

COMBS, TO CLEAN.

Toilet combs should never be allowed to get so dirty that they need to be washed. Water spoils their appearance by damaging the polish, and this bad influence further tends to make them rough and liable to tear the hair; teeth split, too, under the action of water, and the whole comb is so apt to warp that it may easily break. Washing is the common explanation for the sudden snapping of a comb without any apparent cause.

To clean a comb, pass tissue paper or a bit of old linen backwards and forwards between the teeth; polish with a soft rag that will not deposit fluff.

CONDENSED MILK.

Milk naturally contains a percentage of water. In the process of making the condensed product, the greater part of this water is extracted by evaporation, and in the best brands no form of chemical preservative is used. There is, therefore, no reason for you to be prejudiced against this foodstuff; on the contrary, best quality condensed milk is often purer than the so-called fresh article.

You can buy sweetened or unsweetened varieties. The best of either is the cheapest in the long

run because it is richer in cream. When purchasing, state distinctly whether you wish for sweetened or unsweetened milk. Note the brand which is offered you, and take care to see what guarantee is printed on the tin as regards chemical purity. Note, too, the proportion of water recommended for diluting; this is a clue to the richness of the product—a low proportion of water indicating that a big proportion of cream has been extracted, and vice versa.

Seeing that condensed milk has parted from the natural ingredient of water which is a constituent of the fresh article, it stands to reason that some water should always be added to the condensed product previous to use. So many of the people who say, with a sneer, they "can't stand condensed milk," belong to the lazy community of folk who resent taking even a minimum of trouble in the preparation of food.

To Open Tins.—If entire contents are needed for immediate or early use, cut round top of tin with a tin-opener. Any surplus to be held over for a day or so should be at once turned out into a china bowl or jug and stood in a cool place.

When only a small quantity at a time is needed, pierce a couple of holes in top of tin. Tilt tin to extract required quantity, after which plug the holes with two little bits of clean stick to keep out air, and stand tin in a cool place. By practising this old campaigner's dodge you will not only effect considerable economy, but be as conveniently placed as if you had your own cow—for as one tin will keep good for several days, it is cheap and easy always to have milk in the house for any emergency.

To Prepare Condensed Milk

for Use.—Put some condensed milk in a bowl or jug—quantity depends on amount of fluid required. Very gradually dilute it with hot water, stirring constantly until consistency of thick cream is attained. Now stir in cold water to reduce consistency to that of good, creamy, fresh milk.

Use in the same way as fresh milk for tea, coffee, puddings, etc.

CONDIMENTS.

There is a diversity of opinion as to the exact meaning of this word. Sometimes it is used to signify, among other things, herbs or spices, or herbs and spices, and sometimes its meaning is stretched to include culinary flavourings and pickles. The degree to which this term is elastic is of no practical importance, and you need worry yourself no further on this subject beyond seeing that you always have in the house supplies of the everyday necessary condiments—salt, mustard and vinegar.

Why not pepper? you may ask.

Because, with the object of simplifying your task of laying in household stores, pepper has been included herein under the family title of Spices, which is its proper place beyond argument, no matter wherever else it may have a scientific claim to appear.

CONSTIPATION.

There is no simpler and safer remedy than senna pods. They should be infused by just covering them with boiling water and leaving them to draw for 8 or 10 hours; for instance, make the infusion in the morning and take it at night just before going to bed.

An infusion made with ten or a dozen pods is usually of sufficient

strength for adults; about six pods should be used when preparing a dose for a child. No ill effects whatever result from taking an infusion of senna pods every night, if necessary; but whereas with most aperients the dose has to be increased as you become accustomed to them, smaller and smaller doses of senna usually prove efficacious until the complaint is cured, and recurrence is prevented by an occasional dose.

COOKING.

For details of Methods and numerous Recipes, see:—

BEVERAGES, also separate headings for varieties such as chocolate, cocoa, coffee, etc.

BISCUITS.

CAKES.

CEREALS, also separate headings for varieties such as rice, sago, etc.

COLOURINGS, CULINARY.

CONDIMENTS.

CREAM and CREAMS.

CURRY.

EGGS.

EMERGENCY MEALS.

ESSENCES, CULINARY.

FISH, also separate headings for varieties such as bloaters, brill, cod, etc.

FLAVOURINGS.

FORCEMEATS.

FUEL.

GAME, also separate headings for varieties such as grouse, partridges, etc.

GARNISHING.

GRAVIES.

HERBS.

HORS D'ŒUVRE.

JAM.

JELLY-MAKING.

MARMALADE.

COOKING—*Continued.*

MEAT, also separate headings for varieties such as bacon, beef, mutton, etc.

MILK.

OMELETS.

OVEN, TEMPERATURE OF.

PASTES AND PASTRY.

PICKLES.

POULTRY, also separate headings for varieties such as chickens, ducks, etc.

PRESERVING FRUIT.

„ VEGETABLES.

PUDDINGS, also separate headings for varieties enumerated thereunder.

READY-MADE MEALS.

SALADS.

SAUCES.

SAVOURIES.

SOUPS.

SPICES.

STOVES.

TINNED FOODSTUFFS.

VEGETABLES, TO COOK.

COOKING UTENSILS,

see HOUSE, EQUIPMENT OF.

COPPER, TO CLEAN.

Any utensils, other than those used for cooking, and all other accessories made of genuine copper, may be cleaned by an application of good metal polish, followed by vigorous rubbing with a soft non-fluffy rag or duster, and finally with a leather or chamois cloth duster.

See also WASHING-UP.

CORNFLOUR.

Cornflour is prepared from grains of maize, or, as that cereal is often called, Indian Corn. This useful cereal in powder form is the starch which is extracted from the maize by factory methods based on the principle of soaking the grain and

allowing the starch to settle from the starch milk upon inclined tables. Cornflour is a very nutritious food-stuff, and although not quite so nourishing as maize meal, it has the advantage of lacking the peculiar taste and smell in the latter due to the presence of an oil which enters into the composition of maize grains.

In culinary operations cornflour plays a prominent part as a thickening ingredient, in the making of thick soups, sauces, blancmanges and creams, etc. First, you must mix it to a smooth paste with cold water or milk, next pour boiling liquid over it to break the starch cells—soup, milk, fruit syrup or whatever you want to thicken—and finally it must be cooked in the liquid to which it has been added, so that it may lose its raw taste and exert the full strength of its thickening power. You must stir, too, continuously to prevent formation of lumps.

If you mix cornflour to a paste with *cold water* and add it to a clear-coloured liquid, the mixture will assume a clear colour when boiled. If you make the paste with *cold milk*, the liquid to which it is added will be opaque when thickened even though the liquid ingredient was originally clear coloured. Thus, in making a fruit sauce with raspberry syrup, the sauce will boil out clear if the cornflour paste is made with water, but will be cloudy if the paste is made with milk.

Cornflour can also be mixed with wheaten flour in the making of cakes and biscuits.

Cornflour Pudding. — Some people call this Cornflour Custard; in our nursery it was known under the name of Sunday Glue.

Mix 2 tablespoonfuls of cornflour to a smooth paste with cold milk. Stir in 1 pint of boiling milk. Re-

turn to saucepan and boil gently until mixture thickens, stirring meanwhile. Stand aside to cool a bit. Now, sweeten to taste, stir in the beaten-up yolk and white of 1 egg, a little pinch of salt and some grated lemon rind.

Put a layer of raspberry jam in the bottom of a buttered pie-dish, pour in the cornflour mixture and bake in a moderate oven for about half an hour. The top should be nicely browned.

Lemon Pie in the Canadian style.—Line a deep fireproof plate, dish, or open tart-tin with pastry, and bake in a hot oven until three parts cooked. Meanwhile, prepare a cornflour mixture: mix a dessert-spoonful of cornflour to a smooth paste and stir into it a pint of boiling milk. Return to saucepan, sweeten to taste, add a generous allowance of grated lemon rind and the yolks of 2 eggs. Stand to side of fire and stir until mixture thickens.

Turn mixture into well of three-parts baked pastry, pile on it, rock fashion, whites of the eggs, previously sweetened and beaten to a stiff froth. Return to oven and bake for a few minutes to brown the meringue.

See also **BLANCMANGES**; **CAKES**; **CREAMS**; and **SAUCES, SAVOURY**, under *Liaisons*.

CRAB.

Crab is always sold ready boiled. There are occasions when people prefer to pick the meat from the shell for themselves, but it is usual to have crabs ready dressed for the table. Do not ask your cook to do this, as it is a long and tedious job; any fishmonger will do the work for a small extra charge. The meat of crab makes a delicious base for a salad.

See **SALADS AND SALAD DRESSINGS**.

CRANBERRIES,

To Bottle,

see **PRESERVING FRUIT**.

CREAM.

To Whip.—Do not waste time and try your temper by whipping cream in a hot place, for while you are trying to beat it thick the heat is succeeding in keeping it fluid. Put cream in a cold bowl, retire with it to a cool spot, sweeten to taste and beat with an egg-whisk; flavour as desired, with sherry, brandy, or flavouring essences such as vanilla and almond. The beating should be continued until the cream is stiff enough to hang from the whisk; be content with the consistency at this stage, for further beating may easily transform the cream into butter.

Syllabubs.—Cream is generally used as an accessory to good fare. But here is a recipe for a particularly delectable dainty in which cream is the main ingredient:

Put in a deep bowl 1 pint of thick cream, $\frac{1}{4}$ pint of sherry, $\frac{1}{4}$ pint of brandy, the finely-grated rind of a lemon, the juice of a Seville orange, a few drops of orange flower water, $\frac{1}{2}$ lb. castor sugar. Stir to mix. Whip briskly to a froth, and as froth rises take it off with a spoon and put it to drain on a hair sieve. Serve in small high glasses.

Needless to say, this is a dish for festive occasions; in our grandmother's days, no party was considered anything of a party if Syllabubs were absent.

CREAMS, to serve ■■ Puddings.

The word "cream" as used in this country in connection with puddings is generally understood to mean a luxurious and expensive

CREAMS—*Continued.*

sweet course, which can only be evolved by the chieftest of chefs, and then only with a quantity of rich dairy cream as main ingredient.

Let us consider the word in its French meaning, wide in significance and including a large variety of simply made and inexpensive sweet courses in which dairy cream has no part. French creams are made, for the most part, with a basis of milk and eggs; sometimes with a milk basis only. The general principle is to thicken the milk to the consistency of cream and add flavouring. In France, for instance, what we call boiled custard, is known as cream.

Sometimes the milk is thickened to a consistency that permits of the cream setting blancmange fashion in a mould, so that it can be turned out retaining the shape of the mould.

Creams are usually served cold.

RECIPES.

Cornflour Creams, various.

—Cornflour must first be mixed to a smooth paste with a little cold milk. Boiling milk, sweetened and flavoured, is then stirred into the cornflour paste. Next, the mixture is returned to saucepan and boiled for about 10 minutes to cook cornflour and allow mixture to thicken—stirring must be continuous at this stage to prevent formation of lumps. Finally, mixture is put in a basin and well whipped with an egg-whisk, after which it is transferred to dish or glasses in which it is to be served. If to be sent to table in a china dish or in earthenware pots, the cream may be transferred thereto directly after whipping; if to a glass dish or to glasses, cream should first be allowed to cool. The

proportion of cornflour to milk should be about half that allowed for making a blancmange — one heaped tablespoonful of cornflour to a pint of milk, rather more or less according to desired consistency of cream.

The best flavouring for cornflour cream is fruit syrup or a purée of fruit.

ORANGE CREAM.—Make cornflour cream as directed and, when it has cooled a little, add orange juice to taste and whip to mix.

RASPBERRY CREAM.—Whip together equal quantities of cornflour cream and raspberry purée (stewed raspberries rubbed through a sieve).

Custard Creams.—**BOILED CUSTARD.**—Heat a pint of milk with sugar to taste—if to be flavoured with bay leaves, vanilla pod or lemon rind, include such ingredient, and after milk has come to the boil let it stand to side of fire and simmer for 20 minutes to absorb flavouring. If to be flavoured with an essence, add a few drops of same at final stage when custard has thickened.

Whilst milk is heating, beat up the yolks of 3 eggs, or whites and yolks of 2 eggs.

Pour hot milk (it must not be boiling at this time) on beaten-up egg, stirring constantly. Turn the mixture into a jug, stand jug in a saucepan of hot water, almost but not quite boiling, and cook until mixture thickens, stirring constantly. Strain and stand aside to cool.

BAKED CUSTARD.—Heat, sweeten and flavour one pint of milk as for boiled custard. Add milk, when cool, to the beaten-up yolks and whites of 4 eggs, if you want to put the custard in a mould for turning out to serve cold; 3 eggs, if

custard is to be served hot in mould or dish in which it is cooked. *For a hot baked custard*, strain mixture into a buttered pie-dish and bake in a slow oven until set—about half an hour. *For cold custard mould* (*crème renversée*), pour mixture into a buttered or caramelled mould, stand in a saucepan of hot water and cook as for boiled custard, but let mixture thicken until custard is so firm that a knife can be inserted and removed without custard sticking to it.

See also CAMEL.

CRÈME RENVERSÉE AU CAFÉ.—Proceed as for cold custard mould, but flavour milk with essence of coffee.

Ground Rice Creams.—Proceed as for cornflour creams, but use ground rice instead of cornflour.

Chocolate Cream.—Mix a tablespoonful of ground rice to a smooth paste with a little cold milk.

Melt a bar of chocolate in a saucepan with a few drops of milk, add what you have left over from a pint of milk to start with, sweeten to taste and bring to the boil.

Pour boiling chocolate gradually on to ground rice paste, stirring all the time.

Return mixture to saucepan, bring to boil and continue boiling gently for about 10 minutes to cook ground rice and thicken mixture—stir constantly. Turn into a basin and whip well with an egg-whisk. Transfer to a china dish, and leave to cool; or leave to cool in the basin, then transfer to a glass bowl or custard glasses.

Coffee Cream.—Flavour milk with essence of coffee or coffee left over from breakfast. Stir boiling café au lait into ground rice paste,

and proceed in accordance with the directions for chocolate cream.

Festive Creams.—Here are a few recipes for more luxurious creams—

BANANA CREAM.—Peel and cut 6 bananas in thin rounds, using a fruit knife. Arrange slices of banana in a glass dish, sprinkle them with castor sugar and essence of vanilla. Make about $\frac{1}{2}$ pint of boiled custard, and, when it is tepid, pour it over the bananas. Set aside till cold. Before serving, whip some cream and pile it in rock-like heaps on the custard.

CHESTNUT CREAM.—Take 2 lbs. of chestnuts, cut off the tops, put them into a pan of boiling water; boil until outer shell and inner skin can be removed and chestnuts are tender enough to be rubbed through a coarse sieve. Return chestnut purée to saucepan, add $\frac{1}{2}$ pint of milk and 4 to 6 oz. of castor sugar, flavour with vanilla and stir over the fire until the moisture is all absorbed.

When the purée is quite firm; rub it through a wire sieve, or press it through a potato masher. As it comes through take it up very lightly with a spoon, and arrange it like potato snow in a circle round a dish. Stand aside to get quite cold.

Just before serving, pile up in the centre of the chestnut-snow circle some whipped cream, which has been sweetened and flavoured with vanilla. For a more decorative effect, colour the cream with a few drops of cochineal.

DEVONSHIRE JUNKET.—Make a pint of milk lukewarm, not hot, sweeten it to taste and add a little brandy or sherry. Stir in a teaspoonful of essence of rennet, and pour mixture into a bowl in which

CREAMS—*Continued.*

it can be served. Stand aside to cool and set. Before serving, pour over a generous allowance of thick cream in which a little sifted sugar has been dissolved. Grate some nutmeg over the surface, or sprinkle with powdered cinnamon.

HEAVENLY FOOD.—To 1 pint of boiling milk, add a teacupful of tapioca; sweeten to taste, and cook until tapioca has absorbed all the milk and is quite tender. Stir in a few drops of essence of vanilla. Now pull tapioca to pieces with help of two forks, so that there may be no lumps. Place well-pulled tapioca in dish in which it is to be served, cover with a layer of raspberry jam and stand aside to cool. Just previous to serving, add a top layer of whipped cream slightly sweetened and flavoured with vanilla. Garnish with crystallised fruits such as cherries and angelica.

ORANGE CREAM.—Boil 1 pint of milk gently with 1 oz. of gelatine and sugar to taste. When gelatine has dissolved, add thinly-cut lemon rind, and stand aside to simmer gently for 15 minutes. Leave to cool.

Have ready $\frac{1}{2}$ pint of orange juice and the juice of a small lemon. Strain milk into juice, stir well, then turn into a mould which has been rinsed out with cold water. Stand aside to cool. Cream should not be turned out until following day.

ZAMBAGLIONI.—Mix the yolks of 6 eggs in a fireproof casserole with $\frac{1}{4}$ lb. sugar and a glass of rum, white wine or Madeira. Stand to side of fire, and stir constantly with a wooden spoon until cream thickens. Withdraw from fire and add the whites of the 6 eggs previously beaten to a stiff froth. Stir quickly and vigorously to render cream

frothy. Turn into small glasses and serve at once.

See also **PRESERVING FRUIT**, under *Ways of Using Bottled Fruit*.

CRESTS, LICENCES FOR USING, see **LICENCES**.

CRYSTALLISED FRUITS.

The use of these is too often limited to a dessert course, whereas they are eminently suitable to play a star part in a variety of cakes and puddings de luxe, such as cherry cake, cabinet pudding, charlotte russe, trifle, jellies and creams. They can also be utilised in a diversity of decorative ways for garnishing cakes and cold sweets.

Always have in store a supply of angelica and cherries, with a selection of other varieties, such as pears, apricots, greengages and tangerines to give you a wider range of possibilities.

CUPS.

Cups are cooling drinks composed of an alcoholic base diluted with mineral water, sugar, and flavouring ingredients such as herbs, lemon peel, and thin slices of cucumber; fruit or fruit juices are frequently included, as, for instance, whole strawberries, cherries or grapes, slices of banana, and the juice of oranges or lemons.

The alcoholic base usually gives its name to the cup; thus, the names champagne cup and claret cup respectively indicate that the beverages so called have a base of one or other of those wines.

With the help of the above hints and a few recipes you should be able to concoct a pleasing variety of cooling drinks appropriate to any occasion from a formal reception to an impromptu picnic.

Cider Cup.—*Ingredients*—Two bottles cider, 1 syphon soda-water, liqueur glass of brandy, liqueur glass of cointreau or curaçao, a few thin slices of cucumber with rind, a few drops of lemon juice, a sprig or two of borage, a dozen or so fresh cherries or strawberries, if procurable—otherwise glacé cherries—a banana cut in thin rings, sugar to taste.

Use a large jug or bowl spacious enough to hold all ingredients. Pour in cider and add all ingredients, with exception of soda-water; stir to dissolve sugar, cover with a cloth and stand on ice for an hour or two. Just previous to serving, add soda-water, which should also have been standing on ice.

Champagne Cup.—*Ingredients*—1 bottle sweet champagne, half syphon soda-water, 1 liqueur glass of brandy, a few drops of maraschino, a few thinly-cut strips of lemon peel, two or three sprigs of verbena or borage, sugar to taste.

Stand champagne and soda-water on ice for at least an hour, during which time, of course, the bottles should be covered with a damp flannel. The cup should not be mixed long before serving, otherwise the champagne will go flat. When serving-time draws near, put brandy, etc., into a large glass jug and add the iced champagne and soda-water.

Claret Cup.—*Ingredients*—Two bottles claret, 1 syphon soda-water, liqueurs as for cider cup (sherry, maraschino, noyau, etc., may be used if preferred to brandy, cointreau or curaçao), a few thinly-cut strips of lemon rind, and some thin slices of cucumber with rind; sugar to taste.

Put claret, lemon rind and cucumber into a large glass jug

or bowl, cover with a cloth and stand on ice for at least an hour. At a convenient time before serving, add liqueur and soda-water, and stir in sugar.

CURLY KALE,

Recipes for Cooking,

see VEGETABLES, TO COOK.

CURRANTS,

Black, *to Bottle, to Can, to Pulp;*

Red, *to Bottle, to Can, to Pulp;*

White, *to Bottle, to Can;*

see PRESERVING FRUIT.

To Clean Dried Currants.—

Pick over currants and remove any stalks or foreign bodies. Place currants in a strainer or colander and let the cold tap run on them. Dry them first in a cloth and afterwards on a plate or tin in a cool oven. Take care that fruit is quite dry before you mix it with flour for making puddings and cakes; moisture clinging to dried fruits after the preliminary of washing them is often the cause of puddings and cakes turning out heavy—the moisture encourages the flour to go lumpy, and no amount of stirring when you add the liquid ingredient to form a paste will break up the tiny lumps induced by contact of damp ingredients.

Dried currants are no relation to currants red, white or black. They are grapes. The grapes are a small seedless variety; they flourish in the vineyards of Greece. Numerous efforts have been made to introduce them into other parts of the world, but only one other country, Australia, has been successful in growing them. For transformation into currants, the only treatment these grapes undergo is drying in the sun.

CURRY.

Curry is the national dish of India. It has been introduced into the daily menu of all tropical countries, and is gradually making a bid for popularity in England.

But Curry à l'Anglaise is a very different thing from Curry à l'Indienne. So much so, that when anyone here professes distaste for or indifference to the dish, it may be taken for granted that the critic is one of the unfortunate individuals who has not had an opportunity of travelling in the East, or has not come into contact with a traveller who has watched a native preparing a curry, with sufficient interest to be able to spread the good news of the recipe.

As a preparation to making good curry, banish from your mind once and for all the popular Western idea that this dish is "a sort of a stew flavoured with curry powder." Also take to heart and bear in mind that the sauce made with the help of curry powder, as the basis of the dish, must be well cooked, with the object of thoroughly blending and incorporating the ingredients of the powder with the other ingredients of the sauce, before any meat or suchlike solid is added. The sauce needs cooking for a good half-hour to achieve the object indicated, and thus do away with the raw, rough, stinging taste of uncooked or semi-cooked curry powder.

Almost any kind of meat, fish, poultry or vegetables can be added to the prepared curry sauce to provide the substance of the dish, and eggs afford another good opportunity for increasing the range of curried possibilities. Fresh or cooked meat can be used; the other

substantial ingredients enumerated should be cooked plainly before being put in the curry sauce—fish, boiled; poultry, roasted or boiled; vegetables, boiled; eggs, boiled hard. And all such ingredients should be divided up into moderately small pieces or portions, suitable for serving at table, previous to being put in the sauce.

Obviously, therefore, curry is an excellent medium for turning to good account yesterday's cold surplus in the larder.

The sauce having been made in accordance with the hints that are about to be given, and well cooked in accordance with the warning previously set forth, put into the pan with it the solid which is to give it body—dice of veal, prawns, jointed chicken, hard-boiled eggs cut in halves or quarters, or pieces of vegetable, as the case may be. Leave the body ingredient in the sauce for a sufficient time to get well heated through. Time varies, of course, with nature and size of ingredient added.

The term "Sauce" has been used with the object of simplifying directions. Note carefully, however, that when a curry is served it should have no relation to "bits of anything floating in liquid." Sauce and meat, or whatever else has been added in the place of meat, should have become a well-incorporated mixture. No hard-and-fast rules can be laid down as to the consistency of this mixture, for some connoisseurs favour a dry curry, whilst others are partial to a somewhat liquid one.

Use only best quality curry powder.

Ingredients for Curry Sauce.
—One oz. butter or dripping, 1 tablespoonful curry powder, 1 tablespoon-

ful flour, 1 medium-sized onion, 1 good-sized sour apple—or as substitute for apple use scraped carrot, gooseberries or rhubarb (fresh or bottled fruit)— $\frac{3}{4}$ pint of water, or preferably stock, salt, a few drops of lemon juice.

To Make the Curry Sauce.—

Chop onion fine, and peel and slice apple. Heat fat in stew-pan, fry onion brown in it, add flour and curry powder and stir and cook for about 5 minutes. Now add sliced apple and water or stock, and bring to boil, stirring meanwhile. Put lid on pan, leave contents to simmer gently for half an hour, after which the sauce may be strained, but this detail is optional. Add lemon juice (at this point the sauce should be well hot but not boiling), season with salt to taste.

Add Meat or Fish, etc.—Put in meat, or other body ingredient, move stew-pan to side of fire and leave to cook gently until the added pieces of meat, or fish, or eggs, etc., are well heated through, but do not allow to come to the boil.

Boiled Rice is an indispensable part of a curry. Whilst preparing the body of the dish, in accordance with foregoing directions, boil your rice in a separate saucepan, so as to have it ready to serve as a ring round your curried meat, fish or vegetables. See RICE.

Some hints from India, the homeland of Curries, which can be highly recommended when materials are procurable:

Instead of flour for thickening curry, the Indian uses fresh cocoa-nut milk, or the kernel of the nut grated to a fine paste; desiccated cocoa-nut is a good substitute, particularly if it is soaked and pounded. Tamarind, instead of lemon juice. A little sugar or other sweetening is sometimes included.

In Eastern countries, where curry is a staple dish among all classes, desiccated cocoa-nut is frequently handed round with the curry, and another common accompaniment is a compote of fruit.

CURTAINS,

see HOUSE, EQUIPMENT OF.

CUSHIONS,

see HOUSE, EQUIPMENT OF.

CUSTARD, BOILED AND BAKED,

see CREAMS.

CUTLERY,

see HOUSE, EQUIPMENT OF; and KNIVES.

CUTS.

Wash with an antiseptic solution (see ANTISEPTICS), paint over with collodion or new skin and tie up.

D

DAMSONS,

To Bottle, to Can, to Pulp,
see PRESERVING FRUIT.

DEODORANTS.

These are substances used to banish or counteract objectionable odours. Their chief uses are in a sick-room and for purifying sinks and water-closets.

In the sick-room, use eau-de-Cologne or lavender water dispersed by means of a spray; or burn sweet-smelling paper or pastilles sold by chemists for the purpose.

For purifying sinks, water-closets, etc., use household ammonia or permanganate of potassium dissolved in water—sufficient water to make a solution of a crimson colour, not very deep in shade.

DIARRHŒA.

Give warm, but not hot, arrow-root or rice water (water in which rice has been boiled). Spare diet, such as dry toast, jelly, and soda-water.

DISINFECTANTS.

The simplest and best are sunlight and fresh air. Carbolic soap and various patent preparations, containing permanganate of potassium or other disinfecting agent in liquid or powder form, are efficient adjuncts for ordinary household purposes.

See also DEODORANTS.

DISTEMPERING.

Walls treated with distemper are

particularly pretty in a country house. This mode of mural decoration is preferred, too, by many people for town houses for æsthetic as well as hygienic reasons. Under no circumstances should paper be permitted on walls of larders and pantries; untiled wall space should be distempered in white or pale cream.

It is quite easy to acquire the knack of applying distemper. Use a flat brush that will cover a wide surface, but in selecting size, take care that the weight is not too much for you to wield continuously for an hour or so at a stretch. Soak new brushes in cold water for several hours previous to using.

Buy washable distemper, which can be obtained in numerous colours and shades, and mix in a bucket according to directions on tin or packet. Mix thoroughly with a clean bit of stick, and leave stick in bucket so that mixture can be stirred frequently during use.

If previously papered, walls should have been stripped and washed. If previously distempered, they must still be washed before receiving a clean coat. Wash with warm water and a swab or house-flannel; as far as possible, rub in one direction only, downwards, or away from you in a horizontal direction as may be more convenient. The walls need not be quite dry before distemper is applied; indeed, brush will move more easily over a slightly damp surface.

Dip brush in distemper mixture to about half-way up bristles, and lightly press it against side of bucket to expel superfluous liquid. Work

one way only, downwards on long wall spaces, horizontally away from you on narrow spaces that run widthways. Distemper dries very quickly, so in applying it study to keep edges damp by quickly continuing next stroke to side of previous one and letting edges slightly overlap.

The mixture must not be thick, if you want even results. Let the first coat dry thoroughly before you make up your mind whether a second one is necessary.

Do not apply a new coat of a light shade over an old one of a dark shade. For instance, buff-coloured walls are likely to dry streaky if they are given a new coat of light cream. Keep to the same shade or colour, or darker variations thereof, for new coats.

Distemper splashings on floor or painted woodwork can easily be removed with warm water if attended to directly walls are finished.

DOGS, LICENCES FOR KEEP- ING,

see LICENCES.

DRAINAGE,

see DISINFECTANTS; HOUSE,
CHOICE OF; and HYGIENE.

DRAPERIES,

see HOUSE, EQUIPMENT OF.

DRAWERS, CHESTS OF,

see HOUSE, EQUIPMENT OF,
under *Bureaux*.

DRESSMAKING.

Gone are the days when the virtues of a good housewife were measured by her zeal in making her own frocks and cutting down father's trousers to fit Willie.

The enormous progress that has been made in recent years by manufacturers of ready-to-wear clothing

has so raised the standard of criticism that indifferent cut will no longer pass muster. In our grandmother's days, fit, cut and style were matters of secondary importance in comparison with quality of material. Some people are so imbued with the traditions of those days that they will tell you the clothes of the good old times had more to recommend them than present-day smart creations made of material that will not wear. In emphasising their point, they always pick out low-grade goods, forgetting, when they pick such to pieces, that every new art, to be progressive, must pass through various stages under the influence of diverse exponents. Base your criticism of ready-to-wear gowns on the superior rather than the inferior examples, and you will realise that this art is rapidly moving towards the realisation of the ideal that all such gowns should combine perfection of cut and chicness of style with material that is suitable in quality to fulfil a definite purpose and is at the same time exempt from the extravagance of over-long service that outlasts fashion.

Nowadays, too, it has come to pass that really great artists, both men and women, do not consider they are desecrating art by applying their genius to dressmaking. The example set by such *couturiers* has inspired even the little country dressmaker to rise to greater heights of creation and workmanship.

If you have a decided bent for dressmaking, if you feel that you can set your heart as well as your fingers to the work of turning out clothes for yourself that will have the professional touch, take a course of lessons in the technique of dressmaking from a first-class source. If such lessons enable you to work

DRESSMAKING—*Continued.*

wonders with the aid of paper patterns, you will certainly be able to save much money in the course of a year, whilst always passing as a well-dressed woman. If you have a sense of design and find that technical instruction fires you with the ambition to apply your appreciation of form, line and colour specially to the art of dressmaking, you will be able to dispense with paper patterns and create for yourself, at small cost, models that will make you the envy of all your friends. If, however, you find that such lessons bore you, do not attempt to carry them into practice. And if you have no desire to do your own dressmaking, or even if you think you might like it very well, but, your time being limited, you would have to sacrifice to it interests which for you are more absorbing, steer clear of the work. Through a mistaken sense of duty, more money has been wasted in homes by spoiling material than has been saved by avoiding dressmakers' bills. And, oh! the waste of time and energy, besides those fits of depression or irritability that always attend on efforts to accomplish the uncongenial or impossible.

Unless dressmaking is a hobby for you, and a hobby at which you excel, buy your own and your children's clothes ready-made, or have them made by the best expert you can afford. This practice may cost you more in money, but it will give you more freedom, beyond price, for educational pleasures such as music and books, and for doing all manner of things that naturally seem to you the right and best ways of making home a bright, happy and entertaining place for all members of your family.

DRIED FRUITS,

Recipes for Cooking,
see PRESERVING FRUIT.

DRIED VEGETABLES,

Recipes for Cooking,
see PRESERVING VEGETABLES.

DRYING FRUIT AND VEGETABLES,

see PRESERVING FRUIT; and
PRESERVING VEGETABLES.

DUCKS.

The choicest variety of domesticated breeds for table use is the White Aylesbury.

RECIPES.

Roast Duckling.—Lightly butter breast of duck or tie over it a very thin slice of fat salt pork. Put in a baking-tin and cook in a hot oven, basting frequently. *Time:* about 45 minutes. *To Make the Gravy:* Drain off fat from liquor in baking-tin, add a little flour to remaining liquor and stir to mix, dilute with water or stock, season with salt and pepper, heat well, strain into sauce-boat.

It is customary in this country to stuff ducks with sage and onions. *To Make the Stuffing:* Boil onions, drain them well and chop fine. Mix with the chopped onions a little finely chopped sage, a few bread-crumbs, a small piece of butter, salt, pepper. Fill into body of duckling previous to roasting, and close up slit, originally made for purpose of drawing bird, with string or a skewer.

Serve with apple sauce and green peas.

Stewed Duck with Olives.—Put duck in a casserole with a piece of

butter and let it cook until it is a nice golden-brown colour. Now take out duck and mix a little flour with fat in casserole. Stir mixture until flour is absorbed, when add about a pint of water, a little salt and pepper, 2 or 3 bay-leaves and a sprig of parsley and thyme. Replace duck in casserole to finish cooking.

Time: 1 to 2 hours according to age of duck.

About a quarter of an hour before dishing-up, add a liberal supply of olives from which you have removed the stones by cutting the flesh spirally so as not to destroy the form of the olive.

Cut up duck, arrange on dish, surround with the olives and pour over sauce from casserole.

DUSTERS.

To Wash.—Wash in hot water. Soap may be rubbed on direct if material is *cotton* or *linen*, or a lather

may previously be made with flaked soap or soap jelly (see p. 286). Rinse first in hot and then in cold water before hanging up to dry. A little soda may be added to the water to minimise the work of rubbing clean. If dusters are very dirty, steep them overnight in warm, soapy water, in a bowl by themselves. Next morning wring them out, wash well in hot water and re-rinse. Soap them afresh and put them in a galvanised bowl with sufficient warm water to cover them; boil for 20 minutes, after which rinse out first in hot water and then in cold before hanging up to dry.

Chamois cloth dusters which are to be kept for clean work, such as rubbing up furniture, should not be boiled, nor should they receive direct application of soap. Put the dusters into a prepared lather, and knead and squeeze rather than rub them.

E

EELS, FRESH WATER.

Some people squirm at the very name of them, whilst for others they represent the *ne plus ultra* of delectable fare. If you are one of the latter, you will know how to appreciate them when they are prepared according to the following recipe:—

Anguilles au Vert.—*Ingredients*—Eels and sorrel in proportion of a good handful of latter to each of former, sprig of parsley, finely-chopped onion.

Melt some butter in a fire-proof casserole, and in it put sorrel, parsley and onion; simmer gently for 15 minutes. Add eels cut in short lengths, season with pepper and salt, and leave to cook gently for an hour. Serve cold.

EGGS, TO COOK.

It has been said there are as many ways of cooking eggs as there are days in the year. Someone else has given the total number of possibilities as 450. Both calculations are wide of the mark, for, with the aid of a little knowledge and a bent for originality, you can vary egg dishes *ad infinitum*.

Before you attempt any fancy egg dishes, you should be able to cook an egg by the simple methods of boiling, frying, poaching and scrambling. There is nothing in the whole range of cooking that is easier than any of these accomplishments, and nothing that is frequently done so badly. One of the many wits on egg cookery once remarked that the worst cook cannot spoil a

good egg; but if you recall to mind certain poached eggs you have doubtless had served to you on occasions, by so-called good cooks, with a broken yolk floating in a watery liquid, or fried eggs that were an unappetising-looking, grubby mess, I think you will feel inclined to cross swords with that wit.

Bear in mind that for the simple reason that the cooking of eggs is such a simple affair, special attention must be given to the little details which make all the difference between success and failure.

TO BOIL.—Do not drop the egg into saucepan as if it were a coconut; the merest crack in the shell is sufficient to let in the water and let out the nourishment.

If you do not know whether the person for whom you are cooking likes an egg to be quite hard, soft boiled or barely set, do not hesitate to enquire what is his taste. Do not imagine that such inquiry is a sign of ignorance; on the contrary, it shows you know enough about cooking to understand that individual taste as to the consistency of an egg “boiled to a T” amounts almost to a religion. Do not guess at the time between putting an egg into the saucepan and taking it out; that is the way to court and merit the blessings of your family one morning and their curses the next.

Place eggs gently in a saucepan containing sufficient boiling water to cover them. Let them boil for 3 minutes, just to set white and yolk; $2\frac{1}{2}$ minutes, if to be served very lightly boiled; 4 to 5 minutes

to set well. For hard-boiled eggs to serve cold, allow full 10 minutes; transfer to cold water, and leave at least half an hour before peeling. These times are for hens' eggs of average size.

TO FRY.—Frying-pan must be spotlessly clean. Heat pan, melt a piece of butter or dripping and let it get sufficiently hot to stop sizzling. Meanwhile, break the egg-shell with a light tap on the edge of a saucer, and turn the egg out into the saucer—do not *break the egg* into a saucer or cup according to the common way of expressing this operation, which so many people seem to take literally, for an egg with a broken yolk is not worth frying. Slip egg out of the saucer into the frying-pan, and whilst it is cooking, baste well with the hot fat, so that the white sets into form of a nice top crust. Use an egg-slice for removing egg from pan.

TO POACH.—Boil some water, with a little salt in it, in a shallow stew-pan or a deep frying-pan—the ordinary saucepan is inconveniently deep. Meanwhile break egg-shell gently and turn egg into a saucer or similarly shallow receptacle. When water boils, move pan to side of fire so that actual boiling may cease, but water be kept very near boiling point. Holding saucer near surface of water so that egg may not have to perform a high dive, slip egg gently into water and leave till white is set. Remove egg with an egg-slice and drain well before serving.

Rings can be obtained for placing in pan to keep white of egg within bounds during poaching. Specially designed egg-poachers, too, can be obtained, fitted with a handle for lowering into pan; one of these

cheap and convenient kitchen utensils is a desirable acquisition.

To poach eggs so that they assume the very professional-looking oval shape resembling an egg in its shell requires a little more care, but the result fully justifies the extra trouble. You will probably have to practise a few times before you can rely on yourself to produce perfect results.

Boil salted water as previously directed, then add vinegar in the proportion of one tablespoonful to each pint of water. Slip in egg, tilt the pan, and with a tablespoon gently fold the white of the egg over the yolk, continuing such gentle persuasion until egg sets in oval shape.

Dish up with a draining spoon, *i.e.* a tablespoon pierced with holes, and not the ordinary egg-slice. Quickly trim edges, if necessary, and, egg being still in spoon, give a quick dip in cold water; the cold plunge when dexterously made by a practised hand does not cool the egg, but merely polishes the surface. Drain and serve at once.

TO SCRAMBLE.—Beat up eggs, whites and yolks, and add a pinch of salt and pepper. Melt a small piece of butter in a saucepan and when it sizzles pour in the eggs. Stir continuously with a wooden spoon to keep mixture from sticking to bottom and sides of pan and to prevent formation of lumps.

RECIPES.

Eggs Béchamel and Variations.—Boil eggs hard, peel, cut in halves. Cut a thin slice from the bottom of each half so that it will stand upright. Arrange eggs on a fireproof dish, pour over them a sauce Béchamel (see SAUCES,

EGGS—*Continued.*

SAVOURY), sprinkle with grated cheese, and bake in a moderate oven for 10 to 15 minutes to brown surface.

Numerous variations of this good dish are possible; for instance, a few button mushrooms or pieces of mushroom, previously cooked, can be added to the sauce Béchamel, or asparagus tips can replace mushrooms. Again, a plain white sauce (Melted Butter as it is commonly called in this country) or Poulette sauce can be used instead of Béchamel (see SAUCES, SAVOURY). And with either of the suggested sauce alternatives you can include mushrooms or asparagus.

Eggs Cocotte and Variations.—You must have some little fireproof cups specially made for the purpose. Butter cups and into each put a dessertspoonful of cream. Carefully crack egg-shell and turn one egg into each cup. Sprinkle with pepper, salt and a little parsley. Cook in oven, on top of stove, or by standing in boiling water in a frying-pan. Serve in the cups.

Variations.—Substitute tomato purée for cream.

Put a bottom layer of grated cheese in buttered cup, and after turning in the egg, sprinkle with ■ top layer of grated cheese.

Eggs, Coddled.—This is the name given to eggs boiled American fashion: Put eggs in a saucepan or fireproof casserole and gently pour in at side of pan enough boiling water to cover them. Stand pan where it will keep hot, and leave eggs in the water 6 to 8 minutes for "soft boiled."

Another way is to put the eggs in a basin, pour boiling water over them and leave them standing

on the table for 3 minutes. Pour off first water, replenish basin with a fresh lot of boiling water, and leave eggs in it for ■ further 3 minutes.

The white of egg boiled American fashion sets to a creamy consistency rather than as a solid. Eggs cooked this way are more easily digested.

To be served American fashion, as well as cooked in that style, eggs should be turned out into a cup or glass, seasoned with salt and pepper, and lightly stirred to mix white and yolk. This final stage of the preparation is usually performed at table by the consumer.

Eggs en Matelote.—Put in a saucepan about 3 glasses of water, an onion cut in slices, a clove of garlic, a bouquet of thyme, parsley and bay leaf, and a seasoning of salt and pepper. Boil for 15 minutes, then strain and return sauce to pan. Poach eggs in this sauce. Take out poached eggs, arrange them on a dish, and stand on the rack or in the oven to keep warm. Add to the sauce a bit of butter mixed with flour. Cook for a few minutes to let sauce thicken, stirring meanwhile. Turn sauce over the eggs and garnish with fried bread.

For a *recherché* variation, put into the saucepan at the outset red wine and water in equal proportions, instead of plain water.

Eggs Mollets.—Boil eggs for 5 minutes. Transfer them to cold water, leave for a minute or two, then peel—you will have to handle them very lightly, for although they are well set, they are not hard boiled. Serve on a purée of spinach, potatoes or peas, on ■ bed of macaroni or with a savoury sauce poured over them (see SAUCES, SAVOURY).

Eggs, Nursery.—Children get

tired of eggs in the plain boiled fashion which is commonly considered the only suitable style in which to serve this nourishing food at the nursery or schoolroom table. There are several simple ways of cooking eggs for children, whereby the eggs are rendered quite as easily digestible as if plain boiled, and considerably more nourishing and entertaining.

Suggestions.

EGGS IN BEEF TEA.—Serve a poached egg in a soup plate with beef tea. Add or omit boiled rice, tapioca or pearl barley.

EGG PIE.—Three parts fill a buttered pie-dish with mashed potatoes. Bake in a quick oven for about 5 minutes to brown surface. Serve with a top layer of poached eggs.

EGG TOAD-IN-THE-HOLE.—Scoop out a hole in a baked potato, turn an egg into the hole and return potato to oven for a few minutes to cook egg lightly. Or, cut a thin slice lengthways off a baked potato, and in its place lay a poached egg. Better still, scoop out mealy part of potato, mix with it a little hot milk and a pinch of salt, and return mixture to case before putting poached egg in position.

Eggs au Plat and Variations.—Use a shallow fireproof dish that can be sent to table. In it melt a little piece of butter. Into the hot butter gently slip eggs, which should previously have been carefully turned out of their shells. Sprinkle with salt and pepper, and cook in the oven or on the top of the stove. The white should be set but the yolk remain slightly liquid. Serve immediately.

Variations.—Numerous (see **EGGS COCOTTE**).

A particularly dainty dish of this kind is known as *Eggs à la Turque*: Just previous to serving Eggs au Plat, pour over them some hot tomato purée containing pieces of chicken liver; or cook the liver with the eggs and pour over plain tomato purée.

Eggs, Scrambled. Variations of.—See *previous directions re scrambling*. Stir in, just before serving, one of the following: asparagus tips, button mushrooms, or small pieces of large mushrooms, tomato purée or slices of tomato macaroni, savoury herbs, green peas, flaked remains of cold fish, dice of ham, chicken liver. All ingredients except herbs should have been previously cooked.

Eggs, Stuffed.—Boil eggs hard (see *previous directions*). When they are cold peel them, cut them in halves, take out yolk. Pound yolk, add a little butter, season with salt and pepper and mix with one of the following or some similar ingredient: pounded sardines, potted meat, fish paste, finely-chopped herbs, grated nuts or minced meat.

Fill mixture into cavity of natural cups formed by hard-boiled whites. Garnish with finely-chopped parsley.

See also **OMELETS**; **SALADS**; and **VEGETABLES, TO COOK**.

EGGS, DRIED.

The best brands of dried eggs are not a substitute, but the genuine article containing white and yolk without any subtraction of nutriment or addition of alien products. They are pure fresh eggs from which the water, which is a natural ingredient, has been extracted by evaporation.

Dried eggs have only one limita-

EGGS—*Continued.*

tion—the white cannot be separated from the yolk ; hence, they cannot be served *à la coque*, poached or fried. With these exceptions they can be used for any purpose to which new-laid eggs can be put. Always keep a packet amongst your emergency stores, and take advantage, too, of this economic product when new-laid in the shell are scarce and dear. The busy season in the evaporating factories is at times when eggs are plentiful, hence the cheapness of the dried product.

Carefully follow manufacturer's printed instructions as issued with brands, particularly remembering that the addition of less water than advised is more likely to give inferior than superior results. Be as wary of cheap imitations as you are of foreign cooking eggs.

EGGS, LIQUID.

The best brands are new-laid, hens' eggs preserved in bottles by a process of sterilisation ; they are not quite so handy for storage purposes as dried eggs, and will not keep so long after being opened. Otherwise they are as adaptable as the dried product in taking the place of new-laid in the shell.

Be specially careful, however, in selecting brand, for the preservation of eggs in liquid form has now become a big industry in certain foreign countries, and whilst the foreign preserved product may be of good quality and absolutely pure, it may also contain eggs of a quality that is inferior, although not bad, together with some artificial preservative.

EGGS, TO PACK,

see PACKING.

EGGS, TO PRESERVE IN WATERGLASS.

The simplest and most reliable method of preserving eggs for home use is by means of a preparation of silicate of soda known as "Waterglass."

Waterglass is sold in tins, of various sizes, by grocers and chemists. The cost is very small, being a matter of only a few pence or a shilling or two. Two or three pennyworth is sufficient for preserving 100 eggs.

Mix with boiling water, in strict accordance with directions on tin, stir well and let mixture get quite cold. Any earthenware bowl, such as a bread-pan, will serve as storage quarters, provided it is impermeable and roomy enough to hold a quantity of eggs, together with a sufficiency of the prepared waterglass to cover them. Pan need not be airtight, but if it has no lid use a cloth as covering.

Immerse eggs, and if mixture has been properly made they will sink to bottom of pan.

Eggs should not be quite new-laid when put in waterglass ; they must have had time to get cold, and it is better to keep them for about 12 hours before confiding them to the preserving-pan. On the other hand, they may be three or four days or even a week old before they go into the waterglass ; in whatever state of freshness they are thus preserved, equally fresh should they be when taken out of the waterglass at any time within a year. They may remain good if kept for a much longer period in the waterglass, but a year is long enough for practical household purposes, and after that time they are liable to get stale.

Waterglass is sticky, so when eggs

are taken out they should be washed. The preparation closes pores of egg-shells, thereby rendering them particularly liable to crack when eggs are put into boiling water—which causes expansion of shell; to obviate this risk, make a tiny pin-prick in shell before putting egg to boil.

There is no need to put a large quantity of eggs into the waterglass at one time. A few can be put in day by day, a great convenience when your own chickens are the source of supply. But when the eggs are thus preserved on the instalment system, those which are put in last are on the top for being taken out first; this is immaterial if all are to be eaten within a year, but preserved supplies will have an extended service of utility if eggs laid, say, from May to July are put in a different receptacle from those laid in remaining months.

Store in ■ cool place.

ELECTRIC ACCESSORIES.

If your house is fitted with electric light, you can utilise the current for a variety of time-saving and labour-saving operations. The outlay for appliances and the extra cost for power are small in comparison with the multiplication of comforts and conveniences. Appliances can be obtained with attachments that connect with plugs in the wall or floor, or with fittings for lights; the plug system is the more serviceable, as it permits of heating operations being carried on without the sacrifice of any light, and obviates the trouble of removing a bulb together with the attendant risk of breakage.

ELECTRIC BOILING RINGS can be used like a gas ring for heating contents of any household pattern of kettle, saucepan or frying-pan.

ELECTRIC FANS.—Small sizes, suitable for home service, are useful for ventilating a room on a hot summer's day, or on the occasion of an evening party.

ELECTRIC FIRE-BALLS.—These delightful little grates are designed on the model of the old Roman torch, but the hollow accommodates a cosy-looking ball of fire in place of a flare light. These featherweight fireplaces are easily portable, and are particularly convenient when you need a fire for a short time at a moment's notice—as often happens on ■ chilly summer's evening. No dirt, no work, no smell.

ELECTRIC FLAT-IRONS save you all the trouble and expense of getting and keeping a fire at the right stage for heating irons. Electric heat is always just right for the purpose, and as it is a clean heat there is no fear of any dirt on the iron undoing the labour of washing. A great boon if you wash your own blouses and toilette knick-knacks. Indispensable to the woman who travels.

ELECTRIC HOT-WATER JUGS are specially suitable for a man's dressing-room. No waiting for shaving water and no labour in taking it up to the rooms.

ELECTRIC KETTLES enable you to make your own tea in any sitting-room or bedroom, and so be sure that it is made with boiling water. Handy for hot drinks on a cold winter's night; invaluable in the case of sickness.

ELECTRIC OVENS.—In addition to the household sizes, there are portable little models which you can stand on the dining-room table. Very useful for cooking an emergency meal when a friend drops in unexpectedly and the servants are out—or you have not any—and for

ELECTRIC ACCESSORIES—

Continued.

coming to your assistance in getting a meal for yourself at any time.

ELECTRIC RADIATORS.—Here again there are portable sizes as well as the better-known models for the general service of heating.

ELECTRIC SAUCEPANS.—Invaluable in the nursery—healthy, safe, economical and simple.

ELECTRIC VACUUM CLEANERS do the work of an efficient housemaid and do not require feeding; go far towards solving the servant problem.

EMERGENCY MEALS.

By a careful selection of household accessories and the exercise of a little forethought in stocking your larder and storeroom, you can always be ready at a moment's notice to prepare a good meal in an emergency.

APPLIANCES.—If you have a gas stove in the house, there is no difficulty about quickly getting the necessary heat for cooking at any hour of the day or night. Failing this convenience, or as adjuncts to it, make choice from the following:

- | | |
|---------------|------------------|
| Chafing Dish. | Electric Boiling |
| Oil-cooking | Ring, Oven, etc. |
| range. | (see ELECTRIC |
| | ACCESSORIES). |

PROVISIONS.—A wide choice is open to you; here are a few hints:

- | | |
|---------------------|---------------------|
| Bottled Fruits. | EGGS, TO COOK; |
| „ Vegetables | EGGS, DRIED; |
| (bought, or | EGGS, LIQUID; |
| home-made | EGGS, TO PRE- |
| supplies; see | SERVE IN WATER- |
| PRESERVING | GLASS. |
| FRUIT and | |
| PRESERVING | Jam. |
| VEGETABLES). | |
| Condensed Milk. | Tinned Soups. |
| | „ Salmon. |
| | „ Sausages. |
| Eggs, fresh, dried, | Sardines, etc. (see |
| liquid, or from | TINNED FOOD- |
| waterglass (see | STUFFS). |

A few suggestions for preparing these emergency provisions:

Tomato Soup.—Heat some tomato purée from a bottle or tin, dilute with water or unsweetened condensed milk, season with salt and pepper.

Salmon Salad.—Flake tinned salmon, mix it with a macédoine of vegetables from a tin or bottle and garnish with Mayonnaise sauce (see SAUCES, SAVOURY).

Mutton Cutlets.—Heat up tinned mutton cutlets in a baking-tin in the oven. Previous to putting them on baking-tin, brush them over with egg and coat them with breadcrumbs.

If you have any cold potatoes left over in the larder, fry them up to serve with the cutlets.

Jam Omelet.—(See OMELETS).

Numerous other recipes for quickly-made and quickly-cooked savoury and sweet courses are included herein under the various names of Fish, Meat, Puddings, etc., and particularly under the headings referred to in the cross references quoted in these notes on Emergency Meals.

ENAMEL WARE, TO WASH.

Rub with salt to remove any discolorations. Wash in hot soapy water and rinse well before drying.

ENTERTAINING.

A home of your own offers you one of the greatest joys of life in the opportunities it affords you of dispensing hospitality.

Although there is nothing more delightful than informal hospitality—the open house where there is always a warm welcome and something to eat for friends who drop in at any time, and where mutual interests between family and guest make an entertainment of any such

meeting—there are occasions when it is both pleasing and advisable to arrange social gatherings of a somewhat more ceremonious nature.

Although such social gatherings are particularly suitable for the entertainment of acquaintances, do not forget that your intimate friends will sometimes appreciate being treated more as honoured guests than as pals. There is such a thing as overdoing the “no ceremony among friends idea”; indeed, there have most probably been times when some one has said to you: “We never make any difference for you, dear,” and you have gone home thinking or saying: “It would be a nice change if they would.”

However much entertaining may be a pleasure after your own heart, a certain amount of experience is necessary to make even the simplest function such a success that all your guests enjoy themselves, and you yourself are sorry when they have gone. If for the time being you lack the needful experience, the following hints may be helpful:—

Dinner Party.—A small dinner party is usually more successful than a large one. Limit numbers to about six couples for what one might call a cosy little party. Issue invitations about a week or ten days before the appointed date. It is not necessary to use special invitation cards; a simple letter is much less formal than a printed card.

CHOICE OF GUESTS.—Avoid bringing together people who you know will not find pleasure in meeting one another; that is to say, people who are temperamentally antipathetic or who hold such widely divergent views that a general conversation on almost any subject is apt to create an uncomfortable atmosphere. You

yourself must have experienced some of the disagreeable effects of being in uncongenial company—there is nothing wrong with the company, and there is nothing wrong with you, except that because you and they do not mix, you wonder whether it is you yourself who are the fool, or the other people as futile as they seem. Aim, therefore, at bringing together men and women who have ideas and interests more or less in common.

ARRANGING THE MENU.—Having chosen your guests and sent out the invitations, your next consideration should be the arrangement of the menu.

Decide first on the number of courses: fortunately, it is no longer considered essential for a good dinner to consist of an endless number of courses—the war and the servant problem have dealt some blows to convention for which we are all devoutly thankful. Fashion has now decreed that six courses provide a sufficiently long menu for a good dinner—as much as an ordinary human being can endure of a bad one. Here are a few alternatives for choice of courses—

(1)	Soup. Fish. Entrée. Meat or Poultry. Sweet. Dessert.	: : : : : :	(3)	Hors d'Œuvres. Soup. Fish. Game. Sweet. Dessert.
(2)	Hors d'Œuvres of Fruit. Soup. Meat. Vegetable En- tremet. Sweet. Dessert.	: : : : : : :	(4)	Soup. Entrée. Meat, Poultry or Game. Sweet. Savoury. Dessert.

Now comes the question of choice of dishes for the various courses.

ENTERTAINING—*Continued.*

For each course there is a wide variety of suitable materials and methods of preparing them. In making selection, take into consideration the season of the year, the amount you are prepared to spend, and the capabilities of your servants. Choose provisions that are in season, and buy best qualities only, taking care that the selection for one course is not costly out of all proportion to the sum you can expend on the whole dinner—if, for instance, the purchase of fresh salmon, even though it is in season, would only leave you with a sufficient margin for buying an inferior joint for the meat course, be content with any delicate flavoured white fish that happens to be more plentiful and cheaper on the particular day you want it, or cut the fish out of the menu and substitute another course. Further, let the provisions be made up into dishes at which you or your cook excel; of course, such dishes as you yourself are going to prepare or help in preparing, must be of a nature that does not call for your attention after the arrival of your guests. Take care, too, that the sequence of courses is not such as to flurry the cook with dishing-up operations, or to give servant or servants who are waiting at table more work than they can do without getting flustered. Choice of provisions and methods of preparing them should be such that the whole menu composes a harmonious whole as regards digestive and satisfying qualities, but consists of fare that is sufficiently varied in nature, colour, flavour and method of serving as to be exhilarating.

For recipes, see under respective names of the various courses.

WINES, ETC.—*See under this heading, and also under CUPS.* Be sure to have a supply of mineral water for guests who do not take wine.

COFFEE AND LIQUEURS.—Now that it has become general for ladies to smoke, coffee and liqueurs are often passed round to all guests at the dinner-table, or the whole party adjourns together to partake of these complements in the drawing-room, garden, or on the veranda.

TABLE DECORATION.—*See under this heading.*

MENU CARDS.—Should be simple in form and design. There is nothing pretentious in giving the names of the dishes in French, provided the French is correct and the dishes worthy of the name. A misspelled menu is a sufficiently irritating accompaniment to a good dinner, and with a bad one it is intolerable.

At a dinner to intimate friends, the menu can be made a source of harmless amusement and pretty compliments by dishes being named after guests, their idiosyncrasies, hobbies or achievements. But unless you are a good French scholar, stick to English for this game, or you may come to wish you had never heard of it.

RECEIVING GUESTS.—Host and hostess should await guests in the drawing-room or other reception room; they should be dressed in time, even if the first guest does arrive a bit early, and all family dissensions should have been shelved for the time being.

Front door should be opened by butler or parlourmaid, who should relieve guests of their outdoor garments; also show them into the reception room, at the same time announcing their names. When all the guests are assembled, butler or

parlourmaid should announce that dinner is served.

Places at table are usually allocated beforehand, and small cards, each bearing the name of a guest, are placed on the table to indicate each person's allotted position.

It is customary for the host to let each of the men guests know who will be his partner at the dinner-table, and it is the duty of each man to offer his arm to his partner to take her into the dining-room. Naturally, host or hostess have previously effected any necessary introductions. Try, as far as possible, to pair off your guests suitably for the dinner, thereby affording everybody the best opportunity of enjoyment from the outset and considerably lightening your own duties for the rest of the evening.

AMUSING THE GUESTS.—There are numerous ways of following up a good dinner with an interesting evening. A little music is usually appreciated, provided the talent is good and the fare not too heavy. It is sometimes advisable to enlist the services of two or three professional artistes; they can be engaged through an agent.

Some of your guests may very well prefer a game of auction bridge or a hand at poker; see that card tables are made ready.

Garden Party.—There is no more delightful form of summer entertainment than an open-air party in your own grounds.

When issuing invitations, it is advisable to bear in mind the treacherous nature of our climate. Unless you are prepared to serve refreshments and otherwise arrange for entertaining and amusing your friends under the shelter of marquees, should the weather prove unpropitious, you should not ask

more people than can be accommodated at a pinch in the reception rooms of your house.

Provide a plentiful supply of strawberries, or raspberries, and cream, also tea, coffee, lemonade, claret cup, dainty sandwiches, cakes and pastries. Arrange a sports programme, such as tennis or croquet tournaments, and provide first, second, and booby prizes for the players. The refreshments will do much to make or mar your party, whatever be the weather. There should be some form of entertainment which is not, like the sports programme, primarily dependent on weather conditions for affording pleasure; a Variety Show, for instance—amateur or professional—or a band which is ready to provide dance music, either of which can be an indoor or outdoor entertainer.

A Dance.—Issue invitations at least three weeks before the appointed date. Take care to invite at least ten more men than women. Do not ask more people than your dancing-floor space will accommodate, but whilst taking care to guard against a crush, remember, also, that a sparsely-attended dance is never a success.

Catering can, of course, be done at home, but for this form of entertainment it is usually found more satisfactory to entrust the refreshment side of the programme to a good caterer. The latter arrangement saves a deal of trouble, and is often less costly in view of the fact that when you do the catering yourself you may be led into providing far too much by your anxiety over not having quite enough.

Engage a good orchestra. Necessary number of musicians depends, of course, on the size of the dancing-

ENTERTAINING—*Continued.*

room ; three is a good number for a fairly large room, and five for a very big room.

Supper is usually served after the first half of the dancing programme. If you are unable to seat all your guests at one time in your supper room, arrange for two suppers to be served, the second to follow the first with the shortest possible delay that permits of tables being cleared and relaid.

When your house is lit by electricity, it is advisable to have an electrician on the premises in case failure of a fuse should plunge the place in darkness, as may happen when so many lights are in use at the same time.

Surprise Party.—You provide the hospitality of house or garden, together with a cheery welcome. The guests arrive, self-invited and without giving you any warning. They bring hampers containing provisions, wines, cutlery, china, glass—everything as for a picnic.

Such parties are very popular in our Overseas Dominions, and no greater compliment can be paid any mistress of a house than the selection of her home as the camp-

ing ground for an impromptu supper gathering.

ESSENCES, CULINARY.

An infinite variety of flavouring essences can be obtained from any good grocer, and certain specialties in this line are stocked, as a rule, by first-class chemists. As the cost of these very helpful ingredients is small, you should always have a selection at hand ready for use.

A useful assortment should include essences of almond, lemon, vanilla, orange, raspberry, strawberry and noyau.

Under this heading, mention must be made of orange-flower water, which, although not strictly an essence, belongs to this class of flavourings.

Essence, as the name implies, is a concentrated flavouring, so should be used in drops and not by the bottleful. Whenever possible, as in the making of creams and jellies, add the essence just before turning mixture into mould, to avoid loss of flavour by evaporation.

You can easily prepare for yourself certain flavourings akin to essences by making a strong infusion of, say, tea or coffee.

F

FAINTS.

Lay the patient flat with head lower than body, bathe forehead with cold water, or eau-de-Cologne, hold to the nostrils smelling salts or ether.

FAT, TO CLARIFY.

To prepare fat so that it is suitable for making pastry or to use for frying :

Use suet, or any scraps of cooked or uncooked fat. Cut fat into small pieces. Put pieces in a saucepan or basin, and add just enough water to cover them. If saucepan is used, stand it to the side of fire ; if a basin, put it in oven—do not cover basin or put lid on saucepan. Cook gently, stirring at intervals until pieces of fat have been reduced to shrivelled scraps. Strain into a basin of cold water ; fat will rise to surface and cool into a hard white cake. When cake of fat is quite cold, lift it from basin and place it upside down on a plate or dish ; if necessary, scrape off any sediment from bottom of cake.

Clarification adds greatly to the keeping power of fat.

FENNEL.

The foliage of this fragrant herb is used in pickling cucumbers ; also as an accompaniment to fish, in which role the sprigs are served whole, or chopped and put into a melted butter sauce.

FIRST AID.

First aid in the case of a slight accident or a small ailment may often prove the only treatment necessary to effect a complete cure. On the other hand, the neglect of

a mere scratch or a feeling of the shivers may lead to serious consequences. Equip yourself with a little elementary medical knowledge and stock your medicine chest with a few simple remedies and appliances, so that you may be prepared to ease pain and to avoid resorting to either of the extreme methods of treatment which are commonly adopted by the ignorant—Spartan indifference amounting sometimes to criminal neglect ; or turning the house into a hospital and sending for the doctor on the slightest provocation.

See :

ANTISEPTICS.	FAINTS.
BANDAGES.	FOMENTATIONS.
BRUISES.	INDIGESTION.
BURNS & SCALDS.	LUMBAGO.
CHILBLAINS.	MEDICINE CHEST.
COLDS & CHILLS.	MOSQUITO BITES.
CONSTIPATION.	POISONING.
CUTS.	POULTICES.
DEODORANTS.	SCRATCHES.
DIARRHŒA.	TOOTHACHE.
DISINFECTANTS.	

FISH.**Principal varieties :**

BLOATERS.	PLAICE.
BRILL.	PRAWNS.
COD.	RED MULLET
CRAB.	SALMON.
EELS.	SCALLOPS.
FLOUNDERS.	SHRIMPS.
HADDOCK.	SKATE.
HAKE.	SOLE.
HALIBUT.	SPRATS.
HERRINGS.	TROUT.
KIPPERS.	TURBOT.
LOBSTER.	WHITEBAIT.
MACKEREL.	WHITING.
OYSTERS.	

FISH—*Continued.*

Choice.—Depends on season, nature of meal at which fish is to be served, and your purse; but with all varieties, freshness is essential. Having first satisfied yourself that fish is fresh, next look for firmness and thickness in making your pick.

To judge if Fish is Fresh.—Look at eyes and gills. Eyes should be bright and gills a clear red. Never buy fish that has already been prepared for cooking. Any camouflage, such as removal of skin, indicates that fish was no longer fresh enough to wait in its natural state for a purchaser. One of your best safeguards is to deal with a reliable fishmonger.

Preparation for Cooking.—All fish must be gutted; further, some varieties must be scaled, others skinned. Always ask your fishmonger to clean fish for cooking; the best of cooks jib at this unpleasant job, sometimes to the point of giving notice.

Keep fish in a cool place until it is required for cooking. Just previous to cooking, rub it lightly with a clean cloth, but do not wash.

Methods of Cooking.—The principal ways of cooking fish are: BAKING, BOILING, FRYING AND STEWING.

TO BAKE—Put fish in a fireproof dish, add a few little pieces of butter or good dripping, season with salt and pepper, tie down with a greased paper and bake in a moderate oven, basting frequently. If liked, include among ingredients a chopped shallot or onion, some savoury herbs, spice, a tablespoonful of Worcester or anchovy sauce, a few drops of lemon juice. Still tastier dishes may be prepared by stuffing fish prior to baking.

TO BOIL.—There are two mediums, namely, *Court-Bouillon*, and *Salted Water*.

Court-Bouillon.—Put into fish-kettle equal quantities of water and white wine, sufficient in all to cover fish entirely when the time comes for it to go in the kettle; add salt, pepper, a sprig of parsley and thyme, two or three bay leaves, a clove or two, a couple of carrots and an onion cut in rounds. Bring to boil, and continue boiling gently for 45 minutes. Now stand to side of fire to allow bouillon to cool slightly, after which put in the fish, bring to boil and then stand aside to simmer gently until fish is sufficiently cooked. *Time:* see remarks p. 77, under this heading.

Salted Water.—Sufficient cold water to cover fish when time comes for latter to be put in fish-kettle. Add salt to taste (about 1 level tablespoonful salt to a quart of water), and if the fish to be boiled is of a white variety, add also a few drops of lemon juice or vinegar in proportion of a tablespoonful to a quart of water. Bring to boil, and proceed as with *Court-bouillon*, except when cooking salmon.

NOTE.—*Salmon and salmon-trout should be put into the water when it is actually boiling, for immersion in boiling water helps to preserve their colour. For other kinds of fish, the water or court-bouillon must be off the boil at time fish is put in, as sudden immersion in boiling water is apt to crack the skin. When fish has been put in kettle, water or stock should again be allowed to come to the boil, after which cooking should be continued by gentle simmering. Except for a stew, fish should never be put into cold water or stock, for thereby flavour is extracted.*

Lemon juice and vinegar, one or the other, help to prevent discoloration of white fish; salt is not only a colour preservative but an aid to firmness—in boiling any kind of fish, therefore, which is inclined to be watery (cod, for example), slightly increase proportion of salt added to water.

TO FRY.—Two methods:—

(a) French frying in a saucepan, with enough hot fat to cover fish. Put fish into a wire basket, specially made for the purpose, and lower into fat.

(b) Dry frying in a frying-pan, with just enough hot fat in pan to prevent burning.

Previous to frying, always wipe fish dry with a soft cloth; dabbing movement with the cloth is better than rubbing, so as to avoid risk of breaking skin.

After wiping, lightly sprinkle fish all over with flour. It may then be fried French fashion or in a frying-pan, but it will look and taste better if, after flouring, it is brushed over with egg and dipped in breadcrumbs. Or, instead of egg and breadcrumb treatment, dip floured fish into a thickish batter. See PASTES AND PASTRY.

TO STEW.—See FISH STEWS.

Time of Cooking.—Unlike most other foodstuffs, fish cannot be cooked to time in accordance with rules based on weight. Necessary time for baking, boiling, frying or stewing depends, primarily, on the thickness of the fish. Boiled fish is ready for serving when it will separate easily from the bone, a test which can be made by slight pressure with a spoon or fork. Further indications of time necessary for cooking different varieties of fish by different methods will be found in the recipes given herein under the respective names of fish.

To Dish up and Serve.—Drain well after boiling or frying. Serve fried fish on a dish covered with a dish-paper, boiled fish on a dish covered with a folded serviette, baked fish in the fireproof casserole in which it has been cooked, and

stewed fish on a plain dish sufficiently deep to accommodate the accompanying sauce.

See also different varieties—BLOATERS, BRILL, COD, etc.—in their due alphabetical position. Also FISH, SPICED; FISH STEWS; and FISH, YESTERDAY'S.

FISH, SPICED.

Salmon, Trout and Herrings are very good spiced.

Previous to the spicing process salmon should be cut in strips; trout and fresh herrings should be split up back, have bone removed and be wiped with a dry cloth. For the spicing process, sprinkle fish all over first with salt and then with a mixture consisting of equal quantities of sugar, ground white pepper, pimento and ground cloves—a mixture consisting of a small teaspoonful of each of these ingredients is sufficient for from 1 to 3 lbs. of salmon or half-a-dozen fresh herrings or trout. Fry to cook. Fish is ready for frying the day after it has been spiced, but may be kept for three days before being cooked.

FISH STEWS.

Generally speaking, the best stews can be made with white fish, particularly with cod, haddock, halibut, lemon sole and plaice.

Fish Stew with Quenelles.—Use cod, haddock or halibut for this stew. Melt 2 oz. of butter in a fireproof casserole, and in it lightly fry a finely-chopped onion. Thicken with a tablespoonful of flour, season with salt, pepper and a pinch of powdered ginger, add half a tumbler of vinegar and a few drops of water. In this mixture let the fish stew very gently.

Meanwhile make the quenelles:

FISH STEWS—*Continued.*

chop up finely a bit of uncooked fish which you have put aside for this purpose, a sprig of parsley and an onion; season with salt, pepper and powdered ginger and bind with an egg. Roll this mixture in flour into the form of small sausages, *i.e.* quenelles. Put quenelles to cook with stewed fish about half an hour before latter is ready to be dished up.

Dish up fish and quenelles, stir the yolk of an egg into liquor in casserole to make a sauce, and pour the sauce over the fish. This stew should be served warm, but not piping hot.

Indian Fish Stew.—*Ingredients*

—2 to 3 lbs. of white fish (fresh cod or haddock), 2 medium-sized onions finely-sliced, juice and thinly-cut rind of a small lemon, salt to taste, 1 oz. butter, 1 teaspoonful of vinegar, 3 or 4 tablespoonfuls of milk, $\frac{1}{2}$ small teaspoonful of turmeric powder.

Mix turmeric powder to a smooth paste with a drop or two of milk. Boil remainder of milk and stir in prepared turmeric. Add onions, butter, lemon peel and salt. Stir for a minute or two, then add vinegar and put in fish. Leave to cook slowly for about 50 minutes. Just before removing from stove add lemon juice.

In India, cocoanut milk is used, and a chilli or two, together with a few slices of green ginger, are included among the ingredients.

The sauce may be thickened, if preferred, with a little flour.

Mixed Fish Stew.—A total of about 2 lbs. of fish in three varieties, say lemon sole, cod and plaice. Melt about 1 oz. of butter in a casserole, and in it lightly fry to a golden-brown colour some finely-chopped onion. Add half a teacupful of tomato purée and

season with Paprika pepper. Dilute with sufficient water to make a mixture that will just cover fish. Bring mixture slowly to boil, then stand aside to cool for a few minutes. Now put in the fish, which should have been cut up into portions for serving at table. Bring to boil and let the whole boil briskly for 10 minutes, after which stand to one side and cook slowly for another 45 minutes, occasionally giving the casserole a light shake.

FISH, YESTERDAY'S.

The cold remains of yesterday's fish may be transformed quickly, easily and cheaply into a variety of appetising dishes suitable for breakfast, lunch, dinner or supper. Some of the ways by which this can be done are explained herein under headings of subjects to which they are intimately related (see SALADS AND SALAD DRESSINGS; and SCALLOPS). Here are a few more hints. In preparing any of the following, carefully remove all skin and bone and break up fish into flakes.

Croquettes of Fish.—Mix flaked fish with breadcrumbs or mashed potato and finely-chopped herbs. Season with pepper and salt. Roll in flour into form of short thick sausages. Brush over with an egg that has previously been well beaten in conjunction with a few drops of salad oil, roll in breadcrumbs, and fry by the French method (see FISH). Serve the croquettes garnished with fried parsley, and remember that this garniture is very good to eat.

Fish Patties.—Mix with fish any remains of nice sauce, such as Béchamel—or use a little tomato purée or anchovy sauce. Make some pastry (see PASTES AND PASTRY),

roll it out thin and cut into small rounds with a pastry cutter or the edge of a teacup. With half the number of these rounds line some well-buttered patty tins; fill in with fish mixture, damp edges of pastry lining and cover with the remaining rounds of pastry, which thus serve as lids. Brush over with a beaten-up egg, and bake in a quick oven for about 15 minutes.

Kedgeree. — There are many ways of spelling and more ways of making this Indian dish. As every Kedgeree enthusiast is always sure that his own pet method of preparation is the only "pukka" one, we may as well claim that virtue for the following:

Boil a cupful of rice, strain well, add 2 oz. of butter, and shake to melt and mix in the butter. Meanwhile, boil 2 eggs hard, chop up one yolk and the two whites, and rub the other yolk through a sieve. Mix flaked fish and chopped egg with rice, season with salt and Paprika pepper, and stand to side of fire for a few minutes to give fish the chance of getting heated through — toss contents of pan frequently to prevent sticking and burning, and if necessary add a few drops of milk.

To serve, pile up on a dish, sprinkle with lemon juice and garnish with powdered yolk of egg.

FIXTURES

Become the property of the landlord when a tenant leaves the house. According to law, there are various interpretations of that word "fixtures" depending on such little details as whether you put up a cupboard or a bookcase with nails or screws, or whether a shelf you have introduced can be removed without damage to the wall.

To make sure that you shall have

a right to your own property when you move, buy portable fixtures as far as possible—for instance, why make your landlord a present of fixed outhouses, such as summer house, cycle shed, or tool shed, attached to his property at your expense, when you can purchase a portable building that you are unquestionably entitled to remove on your departure.

FLANNELS AND WOVEN WOOLLIES, TO WASH.

Here are some simple rules which you should take to heart for safeguarding flannels against coming to an untimely end through shrinkage, thickening and hardening.

Wash all flannels at home.

Never let soap come into direct contact with them.

Never put them into boiling water.

Wash and dry quickly; put articles into water one at a time, finish washing each and hang it to dry before you begin the next.

Unless day is very sunny or windy, drying should be done before the fire

With warm water and flaked soap or soap jelly (see p. 286) make a thick lather. Put in articles one at a time and finish off one at a time as above directed. Lightly rub necks, bands, seams and suchlike parts, but wash main portion of garment by kneading and squeezing. Rinse in clean warm water, wring first with the hands or in a wringer and then roll up and wring in a clean cloth. The wringing should be very thorough, with a view to expediting the drying. Shake well before hanging garment to dry. During time of drying stretch garment occasionally lengthways or widthways, according to desired size in this or that direction.

FLANNELS—*Continued.*

Flannels and woven woollies should not be ironed in the strict sense of the word, but they may be lightly pressed with a warm iron. Many people merely fold woven woollies and smooth them with the hand.

FLAVOURINGS.

Broadly speaking, flavourings may be divided into three classes—

1. Ingredients which help to develop the natural flavour and qualities of a foodstuff. For instance, in the picturesque language of a small critic: "Salt is what makes the potatoes taste so nasty when mother forgets to put it in."

2. Ingredients which are used in partnership with somewhat insipid foodstuffs to make them a bit more exciting. For instance, cucumber has the virtue of being deliciously cool and refreshing on a hot day, but it would be tame without the piquant companionship of vinegar.

3. Ingredients which are incorporated with certain foodstuffs to raise them from the level of the commonplace, or with good things to make them more of a luxury. For instance, a few drops of vanilla essence can make a dainty dish of what might otherwise be a plebeian rice mould; or, an already good fruit salad may be improved by the addition of maraschino.

Varieties of Flavouring Ingredients.—In the more limited sense of the term, flavouring ingredients comprise herbs, spices and condiments, aromatic essences, lemons, wines and liqueurs. A comprehensive translation of the term should include many other kinds of tasty ingredients, such as bay leaves, dried and crystallised fruits, fruit syrups, jams and jellies.

Most of these classes of flavouring ingredients are respectively dealt with herein under the titles of their family and individual names.

The Art of Using Flavourings.—Generally speaking, herbs, spices and condiments, and, indeed, all flavourings with the exception of essences, wines and liqueurs, should be added to a dish previous to the cooking thereof, in order that their good qualities may permeate and become part of the whole dish.

Essences, wines and liqueurs are exceptions to the rule, because they owe their taste and fragrance to such elusive agencies as spirits and volatile oils, which would evaporate with lengthy cooking. Such flavourings, therefore, are usually added a few minutes before dishing-up.

A word of warning is necessary concerning the use of lemon juice in conjunction with milk. The compound, such as sauce, which contains milk should not be allowed to come to the boil after the addition of lemon juice, or the result will be a curdled mixture. By the way, do not forget that grated lemon rind serves excellently as a flavouring, and has the advantage of not acting as a curdling influence on milk. Remember, too, that orange juice and grated orange peel are useful alternatives to lemon flavouring, as also are lime juice and peel when fresh limes are obtainable.

Skill and a fine palate are essential to success in the art of culinary flavouring. A fine palate is a gift of the gods, but a considerable degree of skill can be acquired by temperate habits and attention to a few simple rules:

Always contribute flavouring ingredients with a light hand, so that the flavouring is suggestive rather than obtrusive.

When adding a combination of flavourings to any dish, take care that no one shall be predominant.

Taste, taste, and taste again. Here is an example of the method which invariably betokens the impossible cook: "I think you'd learn to cook better if only you'd get into the habit of tasting things while you are cooking them," said a mistress one day to a war-time general, who was doing her best to become a square peg in a round hole. "If I was to keep on tasting, Miss," she replied, "I should spoil my dinner."

A good cook never minds spoiling her own dinner so long as she does not send a spoilt dinner to table.

FLOOR COVERINGS,

see HOUSE, EQUIPMENT OF.

FLOUNDERS.

A small flat fish resembling plaice; they are usually fried. See *Methods of Frying* detailed under FISH. Seasonable all the year round. They make a good breakfast dish.

FLOWERS, ARRANGEMENT OF.

No house can look or feel like home if the finishing touch has not been given to it by flowers. A room without flowers is like a bird without a song. Flowers infuse fresh life into the tired body and give renewed hope to the weary soul.

If you live in the country with a big garden to minister to your pleasure, grow enough flowers to be able to cut supplies for the house at all seasons without robbing the outdoor show of its charms. There is never a room in any house where they will be out of place. The idea that it is unhealthy to sleep with them in a room dates from the days when it was equally supposed to be

unhealthy to leave the bedroom windows open at night; naturally when you are going to spend several hours in their company, be it by night or by day, you would not choose varieties that are very highly scented.

If you are located in a town, you may find it costly beyond your means to have a plentiful supply of flowers, but a few are as necessary as your daily bread—keep them in the room which is most frequented by the family, and when the whole family migrates to another room for a meal, see that the flowers are not left behind. It is generally advisable to put some "green" with flowers that have no foliage of their own suitable for cutting; choose "green" accompaniment to harmonise with wild, hardy, delicate or hot-house nature of flowers. Do not, for instance, put maidenhair fern with daffodils, or daffodil spikes with roses. Avoid stiff foliage such as box and laurel. With a few exceptions, such as orchid leaves, the form and texture of the natural foliage of flowers is the best guide to the selection of other appropriate leaves to arrange with them.

Some flowers, such as tulips and chrysanthemums, look best in their own company. Other varieties give a better effect in a mixed assembly; the different possibilities of mixing flowers at all seasons being infinite, choice must be left to individual taste.

Never put straight into a bowl or vase a ready-made bunch of flowers, unless it has been specially arranged by the florist with such end in view; nor should you be content merely to loosen the bunch. Indeed, no time-saving devices, such as poking three or four blooms at once in a vase, will give a pleasing result. Do

FLOWERS—*Continued.*

yourself and your flowers justice by arranging each specimen separately.

It often happens that the most sympathetic fingers cannot induce flowers to turn this way or bend that way according to the fancy of the directing will—it is useless to insist; but after the flowers have been in water for an hour or two, it is quite possible that they may become more amenable, and that with a little renewed coaxing they will fall into the desired curves and lines.

Do not forget that flowers can die in water almost as quickly as if they were lying about without any pretence having been made to look after them. To live in water they must be able to drink up the liquid through their stems; if they are not absolutely fresh picked, the ends of the stalks may have contracted and so blocked up the entrance as to prevent the flowers taking nourishment. As a safeguard against this danger cut off a little bit from the end of each stalk.

Vases.—Avoid using vases which are very ornamental in form, complicated in design, or vivid in colouring; flowers seldom show to advantage in them.

Disposition of Vases.—Stand bowls or vases anywhere you like in a room, so long as the chosen position permits them to become a friendly part of the whole environment. Flowers in a room should never look as if they were merely on show, as is the case when they occupy half-a-dozen vases all alike arranged in a row or circle on a table that seems to have no other purpose in life than to act as a flower-stall.

Flowers in the Sick Room.—For most people there is no better

tonic than flowers during the tedious time of convalescence. When you have an invalid in the house, keep the sick room well supplied with the freshest of blooms.

Flowers for the Nursery.—Most children have an inborn love of flowers; encourage this trait, by letting the nursery have a generous share of any flowers available for the house.

Flowers in the Kitchen.—Servants, no less than mistresses, love flowers. Try the effect of putting a tastefully arranged vase in the kitchen—the chances are all in favour of a better-cooked dinner and of brighter and more willing service.

See also **PACKING**; and **TABLE DECORATIONS**.

FOMENTATIONS, HOT.

These are applications of moist heat to any part of the body for the purpose of relieving pain.

To prepare.—Spread a thick towel over a washing-basin. Lay on the towel a piece of flannel folded double. Pour boiling water over the flannel, take up towel by ends and wring out the flannel in it as dry as possible by turning ends of towel in opposite directions. Shake out flannel, and apply, as hot as it can be borne, to the affected part. Cover with oil-skin, and keep warm with a pad of cotton-wool. Replace with a hot fomentation before preceding one has had time to get quite cold.

When fomentations are discontinued put a pad of cotton-wool or a piece of flannel in their place to counteract risk of chill.

For a more potent fomentation, sprinkle laudanum or eucalyptus on hot flannel after it has been wrung out; or turpentine on flannel just before it is wrung out.

FOOLS.

The gentleman on the right of his hostess found his tongue towards the end of dinner:

"Excuse me, but what is this delicious sweet I'm eating?"

"Raspberry fool," she replied.

"I thought there was only gooseberry fool," he facetiously ejaculated.

To which she made pat response: "We have all sorts of fools down here."

Seeing that fools, in the culinary sense of the word, can be so easily made with practically any kind of fruit, it is astonishing that they are not more widely known.

There are two ways of preparing them. The first stage is the same for both: Stew fruit tender, rub through a sieve and sweeten to taste; stand aside to cool. Into the cold fruit purée, whip yolk of egg for an everyday variety of fool, and cream for a festive variety.

Serve in a bowl, or in custard glasses.

FORCEMEATS.

Forcemeat, or as it is more commonly called "Stuffing," derives its name from the French verb *farcir*, to stuff.

A farce or stuffing, generally speaking, is a mixture of some finely-minced main ingredient, such as meat, fish or nuts, and bread-crumbs, well seasoned with salt and pepper, delicately flavoured with spices or herbs, and bound together by moistening with milk, stock or raw egg.

The farce may be introduced into the body of poultry, game or fish, rolled up in a joint, or cooked and served separately in the form of rissoles and croquettes as a garnish.

For Eggs.—Mix finely-chopped yolk of hard-boiled eggs with one of

the following: Pounded sardines, pounded anchovies, potted fish, foie gras, potted meat, or grated cheese. Season with salt and pepper and add or omit, to taste, finely-chopped herbs. Work together into a smooth paste with butter.

For Fish.—*Ingredients*—Equal quantities of uncooked fish and breadcrumbs, a little chopped parsley, a bit of butter, yolk of an egg, salt and pepper.

Carefully remove all bones and pound fish. Soak crumbs of bread in milk, after which drain well and squeeze out moisture. Put pounded fish and soaked bread in a bowl, season with pepper and salt, and with the help of the butter work all ingredients together into a smooth paste. Add chopped parsley and yolk of egg. Stir to mix and bind.

Whiting, or any other kind of inexpensive white fish, is suitable for an everyday farce; for a *recherché* farce, oysters and anchovies are appropriate ingredients.

Cooked fish may be substituted for uncooked, but usually requires more seasoning.

For more exhilarating farces, include among the ingredients chopped onion, a dash of nutmeg, and a selection of finely-chopped herbs such as thyme, tarragon, chives and chervil.

For Meat.—The kinds of meat which best lend themselves to stuffing are mutton, pork and veal.

HAM STUFFING, for Veal.—*Ingredients*—Equal quantities of suet and bread, rather less of ham or lean bacon; parsley, mixed herbs and lemon rind in quantities sufficient only for flavouring; salt, pepper and nutmeg for seasoning; egg, or egg and milk, or stock for binding.

FORCEMEATS—*Continued.*

Finely chop the suet, ham or bacon, parsley and herbs. Grate crumb of bread. Put all these prepared ingredients into a bowl, grate into them a bit of lemon rind, season with salt, pepper and a grating of nutmeg. Thoroughly mix all the dry ingredients, then add raw egg (yolk only, or white and yolk), and a little milk if you want to economise on the eggs. Stir to bind.

SAGE AND ONION STUFFING, for Pork.—*Ingredients*—To about 2 lbs. of onions, allow a dozen sage leaves, $\frac{1}{4}$ lb. of grated crumb of bread, 2 oz. butter and 1 egg; salt and pepper to taste.

Peel onions, put them into boiling water and let them simmer for 10 or 15 minutes. Chop par-boiled onions very fine, and to them add finely-chopped sage leaves, bread-crumbs, salt, pepper and butter. Mix well, then add yolk of egg and stir to bind.

For a more economical stuffing, egg and butter can be omitted and other ingredients worked together by the help of a bit of dripping; or even the dripping may be left out, for the moisture in the par-boiled onions is sufficient to bind them with the sage and breadcrumbs.

SUET STUFFING, for Mutton or Veal.—*Ingredients*—To 2 oz. of finely-chopped suet allow $\frac{1}{4}$ of a lb. of grated breadcrumbs, a level tablespoonful of finely-chopped mixed fresh herbs, or a little bit of finely-chopped parsley and about half a teaspoonful of powdered dried herbs, the grated or finely-chopped rind of half a small lemon, salt and pepper, egg or milk.

Thoroughly mix all the dry ingredients and then gradually stir in egg, or egg and milk, to moisten and bind.

For Poultry and Game.—

CHESTNUT STUFFING, for Goose or Turkey—*Ingredients*: Chestnuts, stock or water, a little piece of butter, salt and pepper, a little sugar.

Roast or bake chestnuts, then shell and peel them. Put chestnuts into a saucepan, barely cover them with stock or water—stock made by stewing giblets is preferable—and simmer till they have absorbed moisture and become quite tender. Rub through a fine sieve, add butter, salt, pepper and sugar, and stir well to mix.

A few large pieces of chestnut may be stirred in with the purée to relieve the consistency.

HAM STUFFING, for Chicken, Hare or Turkey.—See previous recipe under FORCEMEATS—*for Meat.*

SAGE AND ONION STUFFING, for Duck and Goose.—See previous recipe under FORCEMEATS—*for Meat.*

SAUSAGE STUFFING, for Turkey.—*Ingredients*—Sausage meat, a small proportion of bread which has been soaked in milk or stock, mixed herbs for flavouring, seasoning of salt and pepper; the liver of the turkey may be finely chopped and included.

Drain and squeeze bread. Thoroughly mix all ingredients, moisten with stock and stir to bind—stock obtained by stewing giblets is preferable.

For Vegetables.—The principal kinds of vegetables which lend themselves to being stuffed are: Aubergines, Cabbages, Globe Artichokes, Onions, Potatoes, Vegetable Marrows and Tomatoes.

Recipes are given under VEGETABLES, TO COOK.

FREEZING POINT, 32° Fahrenheit.

FRUIT,

To Bottle, to Can, to Pulp, to Dry,
see PRESERVING FRUIT.

FRUIT - CUTTING MACHINES AND TOOLS.

When cutting fruit by hand for culinary purposes, use a stainless steel knife upon which no acid will leave the slightest mark. Choose the pattern with short-pointed blade specially designed for the purpose of facilitating peeling and removing blemishes.

There is a large variety of cheap and efficient machines for dealing with the preparation of moderately large quantities of fruit, such as are required even in the smallest household at jam-making time, and for facilitating the preparation of large quantities that are commonly required for daily use in schools, institutions, hotels, and suchlike communities.

For instance, a few shillings will purchase a machine to pare and core apples, and for a slightly increased outlay you can get one to pare, core and slice.

Another machine, also costing only a few shillings, will rapidly seed all your raisins for mincemeat and Christmas puddings.

A cherry-stoner will remove the stones from ripe cherries without waste, and leave the fruit plump and round as it was before stoning, ready to put in the preserving pan for cherry jam—and why get cross and weary peeling your oranges for marmalade when you can have a cheap and good little machine to do the work for you without a murmur, in the twinkling of an eye?

FRUIT PULP,

Recipes for Cooking,
see PRESERVING FRUIT.

FRUIT STAINS, TO REMOVE.

Freshly-made fruit stains on washing materials will usually yield to prompt treatment of a simple nature: Spread stained portion over a basin, rub with salt and pour boiling water through. Even coloured cotton materials may be successfully treated in this way if dye is fast and stain is attended to directly the accident happens.

For an old stain, proceed as above, but rub with salts of lemon instead of common salt; rinse thoroughly in warm water containing a little carbonate of soda — one dessert-spoonful of carbonate of soda to a pint of water. Suitable for white fabrics only, as salts of lemon is liable to remove dye as well as stains from coloured materials. *Note carefully that salts of lemon is a virulent poison.*

Stains from fruit in combination with sugar—jam, for instance, or fruits in syrup—will generally vanish in the ordinary process of washing. A little salt may be added to the water for removing an old stain from white materials.

FRUIT SYRUPS.

Cherry.—Use Morella cherries, thoroughly sound but not too ripe. Remove stalks, put cherries in a bowl, crush them, and leave them to ferment for 24 hours. Next, transfer fruit to a sieve, and crush the cherries to extract all juice. Add 2 lbs. of sugar to each pound of juice. Put mixture in pan on fire and stir from time to time. When the sugar is sufficiently melted to minimise risk of burning, let the syrup come to the boil two or three

FRUIT SYRUPS—*Continued.*

times, and skim well. Then, take pan off fire, and leave the syrup till it is cool enough to bottle. Do not cork down bottles till next day.

Raspberry.—Use raspberries, red currants and Morella cherries in the proportion of $\frac{1}{4}$ lb. raspberries to 1 lb. red currants and cherries mixed ($\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. cherries). Proceed as for Cherry Syrup, but more skimming is necessary.

Red Currant.—Use red currants and Morella cherries in the proportion of 2 lbs. of former to $\frac{1}{2}$ lb. latter. Proceed as for Cherry Syrup, but more skimming is necessary.

FRUIT TARTS.

Covered Tarts.—Make the pastry in accordance with recipe for Short Crust given under heading of PASTES AND PASTRY.

Prepare fruit by topping and tailing in the case of gooseberries, stringing currants, picking cherries from stalks, etc. And if the fruit is of a firm-fleshed variety or under-ripe, stew it a little before putting it in the pie-dish. For instance, green gooseberries, cherries, plums and the harder varieties of apples need some preliminary stewing. This preliminary cooking should be carried only to the stage whereby the fruit is on the verge of becoming tender; not only must you be careful to avoid reducing the fruit to a pulp in the saucepan, but you should remember that further cooking of it for about half an hour in the oven should complete making it tender without reducing it to squash.

Put an inverted egg-cup or pastry cup in centre of pie-dish, fill up dish with fruit, sprinkling with sugar at intervals. Damp rim of pie-dish

and lightly arrange round it a strip of pastry slightly wider than width of rim. Damp upper surface of this pastry. Now put a covering of pastry entirely over top of pie, pressing down the edges lightly to unite them with the understrip. Make a little hole in centre of covering to serve as vent for steam. Decorate edge of pastry by pressing round it lightly with the prong end of a fork, and the surface with thin strips of pastry rolled between the floured palms of your hands or twisted corkscrew fashion. Bake first in a hot oven to encourage pastry to rise, and afterwards in a moderate oven to cook fruit tender and cook the pastry through. When tart is about half done, take it out of the oven, brush the pastry over lightly with cold water and sprinkle with castor sugar; do this quickly so as not to have the tart out of the oven for more than a few seconds. *Time:* 30 to 45 minutes, according to thickness of crust.

Open Tarts, otherwise known as **Flans.**—Butter a shallow tin. Line tin with pastry and strengthen edges by putting round them a strip of pastry slightly wider than the depth of the tin. Damp edge of first lining before adding strengthening strip, and lightly press latter to help it join up. Bake pastry in usual way, *i.e.* in a hot oven until it is well risen, and afterwards in a moderate oven to cook it through.

Meanwhile prepare the fruit by adding sugar to it and stewing it tender; drain it away from the juice and leave it to side of stove where it will keep hot without burning. Convert the juice into a thick syrup by continued, gentle boiling for a few minutes, or thicken it slightly with cornflour or ground rice (see SAUCES, under *Liaisons*).

Slip pastry on to the dish on which it is to be served; this operation is considerably simplified if you bake the pastry in a tin that has a movable rim. Arrange fruit in well of pastry and pour the syrup over it.

NOTE.—*Heated jam can be filled into well of pastry instead of fruit and syrup.*

FUEL.

The principal forms of fuel are: anthracite, coal, coke, electricity, gas, methylated spirit, oil, peat and wood.

Anthracite is a slow-burning, smokeless, clean-burning variety of coal which gives an exceptionally intense heat, and which, by virtue of these qualities, is particularly economical. It is usually burned in specially constructed stoves. It is very serviceable for warming purposes, but is unsuitable in the average household for cooking.

Coal (bituminous) has long been the popular fuel for household heating and cooking. Its rise to popularity in the home was largely due to its superiority as regards economy, simplicity and heating properties over oil, wood and charcoal; but it has already lost its position as prime favourite owing to a phenomenal rise in price, together with the development of rival fuels and the invention of appliances for utilising such rivals in the home. But in view of the way so many of our houses are built, and their situation off the track of gas facilities, coal still remains a household requisite as fuel for cooking and a hot-water supply, and must often be relied on into the bargain as the principal source of artificial warmth. The amount of coal burnt and the amount of dirt made in burning

depend somewhat considerably on the design of the stove and the methods of the stoker.

Coke is coal that has already parted with a good deal of its qualities at gas-works, but there is a considerable amount of heat left in it. This residue heat is flameless, hence coal must be used with coke in starting a fire, and it is generally necessary to mix some coal with coke to keep a fire going in an ordinary grate or kitchen range. A coke fire is not sufficient to heat an oven for general cooking purposes. Coke is, however, an economical form of fuel in conjunction with a little coal for warming a room or rendering the kitchen stove capable of providing heat for toasting, for grilling, or for boiling a kettle or saucepan; even when the price of coke is nearly equal to that of coal, we should remember that coke burns more slowly than coal. Coke is the best form of fuel for a central-heating furnace.

Electricity.—A very simple and clean power for heating, but its great drawback in England is its high price.

Gas.—In relation to its cleanliness and convenience, gas is at present the most economical fuel for cooking; its heating advantages also include the provision of warmth for rooms and for a hot-water supply. Further, it furnishes light as well as heat. Thanks to the phenomenal development that has taken place in the invention and perfection of such appliances as gas stoves, gas fires, gas radiators, geysers and gas-light fittings, gas has become one of the greatest boons of modern civilisation.

Methylated Spirit.—Handy for emergency supply of heat for boiling a kettle. Gives a clean flame

FUEL—*Continued.*

for sterilising surgical instruments (see ANTISEPTICS).

Oil.—Paraffin oil is very useful for cooking purposes in summer time in houses where gas is not available. In winter it is serviceable for heating rooms that are not in constant use.

Peat is turf in fuel form. Supplies are not very plentiful, and can only be obtained in certain districts. Peat blocks give off a delicious smell when they are burning; they smoulder for a long time, and when you want them to give a cheerful glow you have only to play the bellows on them.

Peat has become a luxury fuel in most parts of England, but when you can afford it and can get it, you will find it greatly adds to your enjoyment over the fire on a winter's night.

Wood.—The log fire is a romantic reminiscence of mediæval England. Logs are costly, and even in the country it is becoming more and more difficult to obtain them, but if you are one of the fortunate folk who live in a district where supplies are available, do not forget that there is nothing more cheerful and companionable than a wood fire. To be at their best, in appearance and utility, logs need a specially-designed fire-place; some of the beautiful old designs can still be seen in Elizabethan houses that have not had all their character taken away from them by being modernised, and modern designers have created some attractive and practical models suitable for old or new houses in which it may be desired to have a log fire as distinct from a log or two on the fire.

FURNISHING,

see HOUSE, EQUIPMENT OF.

FURNITURE,

see CLEANING; HOUSE, EQUIPMENT OF; SPRING CLEANING; and STAINS, TO REMOVE.

FURS, CARE OF.

All valuable furs need careful treatment. Special precautions are essential for keeping certain varieties in good condition. Chinchilla and ermine are of such delicate hues that they will not stand exposure to rain or fog. Sable, although of useful colour, is so fine in texture that it, too, suffers from exposure to rough weather. Delicate furs such as these should not be given hard wear; they are more suitable for carriage life than for long railway journeys or for excursions by tube or omnibus. There are, however, plenty of handsome furs, such as sealskin, skunk and beaver, which are strong enough to face the elements and withstand the wear and tear of everyday life.

After each time of wearing, all furs should be rubbed over carefully, in the direction the fur lies on the skin, with a soft dry cloth or flannel; this little attention will go far towards keeping them clean and in good condition, and if they are of a strong nature, they will further benefit by a good brushing with a moderately stiff brush kept specially for the purpose.

To Clean.—White and light furs should be cleaned directly they become soiled, never allowed to become really dirty.

For White Furs, warm some dry flour, getting it as hot as possible without letting it change colour. Rub heated flour lightly but thoroughly over fur with your hand, and leave for an hour or so. Shake fur well outdoors, and brush gently with a clean soft brush.

For all other light-coloured furs, proceed as above, but use bran instead of flour, or better still, when you can get it, silver sand.

To Store.—At the end of the winter, furs should be thoroughly cleaned before being put away for the summer. Hang them out in the air for an hour or two, tap gently with a stick and shake to remove dust, and clean as above directed.

Specially valuable furs should be sent to a furrier to be put in cold storage, unless you happen to have cool storage quarters at home. To store furs at home, wrap them in newspaper if colour permits; or put them in a bag of unbleached calico or linen, and enclose some tarred tow or old tarred rope picked to pieces. Unlike naphtha balls and many other insecticides which are better known, tow does not impart a disagreeable odour, so if you have to take your furs out of store in a hurry, they are ready to wear and

will not proclaim to the world at large that this is their first appearance of the season.

Specially made air-tight chests can be obtained for storage of furs; they are made of wood lined with tin, and have an interlining impregnated with insecticide. These are expensive luxuries suitable for luxurious furs.

Insurance of Furs.—Take care that your furs are insured against fire and burglary, not only when they are resident in your own home, but when they happen to be away on a visit to a friend's establishment. It is quite possible that some kind friend who has storage accommodation in a house or warehouse may offer to put up your furs for the summer; when accepting the offer see whether your own fire and burglary insurances cover them during temporary absence, and, if not, make the necessary arrangements for protecting them against risks.

G

GAME.

As a protection against flies, game is usually hung in its feathers until day of cooking. So when you go to buy a brace of pheasants, for example, do not expect to have them shown to you ready dressed for table use. Your poulterer, however, will pluck, draw and truss the birds you choose before sending them home.

If you receive a present of unplucked birds, which have just been shot, hang them for two or three days, or a day or so longer, according to variety of game, weather conditions, and your individual taste. Then take them to your poulterer, by appointment, to be dressed for cooking—unless you have a cook who is an expert at this job and who will not give you notice if you ask her to do it. Should you be ambitious of tackling this unpleasant little business yourself, take a practical lesson in plucking, drawing and trussing from an expert.

To Prevent Taint.—Hang birds in their feathers in a cool, well-ventilated place. In warm weather dust pepper among the feathers to keep away flies.

To Remove Taint.—A friend of ours was expecting a parcel from his bootmaker. A parcel was duly received, and he put it on one side to be opened at his leisure. Being a busy man, a fortnight elapsed before the convenient moment arrived, and when he opened the parcel two pheasants crawled out of the box of their own accord

before he had time to beat a hasty retreat from their putrid presence.

Another friend, living on the Continent, received a long-promised present of grouse from Scotland. As the parcel was labelled, "Game, Urgent," it was opened by the cook. Its arrival was announced by the small son of the family: "Mammy, mammy, les grous de Monsieur Moody marchent tout seuls."

When taint has reached the stage above indicated, needless to say it is beyond remedy. But it may happen that owing to delay in transport, or other unforeseen circumstances, game becomes undesirably high before there is an opportunity of cooking it, in which case pluck and draw the birds, and wash them in well salted water to which a little vinegar has been added. Rinse them in fresh water and dry thoroughly before cooking.

See also GROUSE; HARES; PARTRIDGES; PHEASANTS; and RABBITS.

GARDENING, KITCHEN.

A kitchen garden is of inestimable value in cutting down the expenses, reducing the worry, and adding to the pleasure of housekeeping. By its aid the business of shopping is considerably simplified, the family can be fed on the freshest of produce in a wide range of variety that is conducive to good health and temper, and both children and grown-ups are continuously in the atmosphere of the joyously instructive influence that comes from

watching the wondrous development of plant life.

The following advice on the creation and management of a kitchen garden is based on the experience of one of us, the Editors of this book, who, under the spur of war conditions, successfully pursued the ideal of "living on the garden."

Never having had any practical experience of soil and crops, I started with a keen desire to learn and try up-to-date methods of cultivation. Annie—my house-keeper before the 4th of August 1914, my one and only assistant outdoors and indoors during the war—comes of farm-labourer stock, and she had her own notions, generations old, as to the right and wrong ways of doing things on the land. But we were always pulling together for the same end of getting the most out of Mother Earth, each ready to "give the other best." We worked nearly two acres of land in the Surrey pine woods, from all of which we had to clear a riot of trees, bushes, brambles, bracken, heather or couch grass before we could begin digging and planting. We were self-supporting during summer and autumn months as regards ordinary vegetable and salad crops such as new potatoes, peas, beans, lettuces and spinach; and we realised some more ambitious dreams, such as outdoor mushroom supplies, that tickled the palates of friends who had been tickled to death at the idea of my forsaking the pen for the spade.

We coaxed from the erstwhile wilds, stocks that formed the mainstay of winter rations for ourselves, the pigs, the chickens and the rabbits. And of many things we

had a big surplus to rejoice the hearts of friends and keep the wolf away from several doors besides our own.

Initial Difficulties.—The beginner is often deterred from making a beginning by lack of time and experience, and by the difficulty of obtaining precise information on how much land it is necessary to cultivate in order to feed a given number of people or to produce such and such definite quantities of this and that crop.

As for experience, the lack of it may be more of a help than a hindrance. "You start without any prejudices, and I'm betting you'll beat some of the old timers," as Brother Bill remarked when a candid friend told me I should be worse than a slacker in the garden because I did not know one end of a potato from another—which was true, and the kindest thing she could have said, for how could I rest content after that until I had turned her gibe into a joke against her?

Concerning the amount of time, labour and space necessary to give specified results, there are so many things to be taken into consideration besides the vagaries of our climate, that you might as reasonably expect a definite reply to the question: "How long should an artist take to paint a picture?" And the size of the canvas would be no more of a clue to the quality of workmanship and expenditure of time than is the size of a plot of ground. For instance, I know one kitchen garden that covers an area of three-quarters of an acre, is worked on the French intensive system, occupies the whole time and attention of six people together with the frequent service of casual helpers, that yields enough produce to pay the heavy cost of

GARDENING—*Continued.*

equipment, labour, manure, specially selected seeds, etc., and give a handsome profit. On the other hand, one man or woman may work an acre of ground single-handed with an infinite variety of results, or an amateur may give a few spare hours a week to a ten-rod allotment, and get enough vegetables off it to supply the needs of a family of four or five people all the year round; whilst another, giving a similar amount of time to a similar sized adjoining allotment, may not produce sufficient to pay the cost of the seeds.

It is not at clock-work valuation that crops will credit you with the time you spend in your kitchen garden; the measure of that time is the quality of intelligence and devotion in your attitude to the soil. So do not get hopeless and give up on the plea that it is useless to attempt combining work in a kitchen garden with other claims that cannot be ignored. As Kaye, the next-door gardener, told me one day when I was feeling disheartened, "Even if you had nothing else to do, Miss, you'd still be in the same plight; I goes even on, knowing I shall never get finished, and that's one of the pleasures of gardening when you come to think of it."

JANUARY.

WORK FOR THIS MONTH.

Order some slaked lime and stable-yard manure.

Equip yourself with a good spade and fork, and a garden line; take care that the tools are not too heavy for you to wield, but mind they are not gimcrackily light. In due course you will also need a hoe, a rake, a wheelbarrow and a broom.

Measure up your garden and draw a plan of it. Accustom yourself to calculating in "rods"; a rod of ground covers $30\frac{1}{4}$ square yards, so, roughly, it may be 6 yards long by 5 yards broad, or 10 yards long by 3 yards broad, etc.

Your Garden Growing on Paper.—Alongside your plan make a list of the crops you wish to grow. In so doing, take into consideration food values and the personal tastes of your family. Concerning the first of these considerations, remember:

The potato stands first in food value among garden crops. The beetroot in garden cultivation is practically equal to the potato. Well below is the artichoke, about three-quarters the food value of potatoes. Then comes the parsnip, with little more than half the value of the potato, and somewhere equal to the parsnip is the field cabbage. Below these come onions and carrots. Far below, with about one-twelfth the food value of the potato, is the garden pea.

Mark off on your plan an area to be reserved for tap-roots, such as carrots, parsnips, and long beetroots. Arrange for position of other crops in remaining space. Numerous changes can be made in your original plan as you accumulate knowledge, but by a general pre-arrangement of habitations you will guard against preparing a totally unsuitable home for certain crops that play curious pranks in congenial surroundings. For instance, freshly-manured ground brings out freakish characteristics in tap-roots. So if you do not want parsnips and long-rooted varieties of carrots and beetroot to grow into misshapen dwarfs, with legs and arms forking out in all directions—in which form

they are not only wasters but difficult to prepare for the pot—you must clearly mark a space on your plan: "Tap-roots—dig, but don't manure." But although these tap-root crops object to fresh food, they demand a rich diet, so select for them a site that was liberally manured last year.

Begin to Dig.—Weather permitting, lose no time in turning up such parts of your garden as were not dug in the autumn.

Simple Digging is sufficiently conscientious work for a beginner dealing with land already in a garden stage of cultivation. In simple digging, you take out a trench a spade's depth and width along the side of a plot about a square rod in size. Scatter the soil behind you. Gardening books may tell you to wheel it to the far end of the plot, but as Kaye has advised me more than once over the fence, "That's what I do, Miss—you do as you like, only books don't know everything better than us as has been on the land all our lives, and they take it for granted you've got some common sense."

Turn the next spit of a spade's depth and width upside down into the trench, whereby you open up another trench; proceed thus till you have turned all the top soil of the plot inside out. Work with your back turned downhill if the ground slopes, so that you throw the soil uphill, and keep the ground level. Above all, do not tread on ground you have dug, or you will disgrace me in the eyes of Annie, who collected her first grey hairs training me to keep this rule.

The operations of digging and manuring can be combined. Allow two to four barrowloads of manure to the square rod, spread the dress-

ing evenly, and proceed as with *Simple Digging*.

Trenching: To dig grass land or land that has been out of cultivation for some time, take out a trench two spades' width—use a garden line as guide for keeping straight, loosen grass by chopping it into squares with spade, skim off grass with fork to a depth of about 2 ins., dig two spades' depth, and wheel grass and soil to opposite side of plot. Loosen subsoil of Trench 1. Alongside Trench 1, proceed to excavate Trench 2 in similar fashion, but as you skim off grass, throw it upside down into bottom of Trench 1, and as you dig throw soil into Trench 1, keeping the best of soil to top. Loosen subsoil of Trench 2. Proceed thus until all the ground has been dug, filling in last trench with grass and soil from Trench 1.

Dress heavy soil with slaked lime, 28 lbs. to the square rod. Do not mix lime and farm-yard manure.

Order Seeds.—Order *Early, Mid-Season and Late varieties of seed potatoes*. Seed potatoes are technically known as "tubers." Weight of tubers required to plant 1 square rod: 18 lbs. Early varieties; 10½ lbs. Mid-Season varieties; 7½ lbs. Late varieties. There are several varieties for each season, so you had better consult neighbours as to which give the best crops in your locality, and are at the same time strong to resist disease. Get Scotch or Irish tubers if you can. Lincolns, too, have a first-class reputation. It is common sense to weigh your potatoes before they are planted, otherwise you have no idea how much ground to reserve for the crop. A rough average estimate of garden-yield is 1 cwt. to 1½ cwts. per square rod.

Get *Broad Bean* seed; 1 pint will

GARDENING—*Continued.*

plant an area of about 160 square feet.

Secure a gallon or two of *shallot bulbs*.

FEBRUARY.

PUZZLING TERMS.

Rotation Crops.—A piece of land that has been under one particular crop should be replanted with a crop that does not make the same demands in the way of nourishment.

Catch Crops.—Crops that mature conveniently for yielding a harvest in the interval between getting off one main crop and putting in another main crop.

Successional Crops.—The result of sowing seed on the instalment plan, so that you do not get all your peas and beans, for instance, ready for picking one week and have none fit to eat the next week.

WORK FOR THIS MONTH.

Plant Shallots.—Crop raised from seed or bulbs; bulb cultivation is simpler.

Site: Sunny spot; no special preparation necessary on ground that has been well dug and manured.

Method of Planting: Plant bulbs in rows, running north and south, with space of 9 ins. between bulbs and 1 ft. between rows; press bulbs firmly in soil, but as they are surface growers do not completely bury them—the bit of old top which will be found adhering to them should show well *above* ground.

Harvest Time: July. It is an old-fashioned country custom to plant shallots on the shortest day and harvest crop on the longest day of the year, but experts now

recommend February as the planting month, which brings the harvest season to July and so gives the crop a chance of more summer sun at the ripening stage.

Yield: Each bulb should multiply into a cluster of from seven to nine shallots.

Cultivation: Easy, and takes up very little time.

Variety to Plant: Old shallot most commonly grown.

Uses: Shallots are related to the onion family; an outstanding feature in their favour is their comparative immunity from attacks by a pestilential fly which works havoc among onions in some localities. Shallots are both useful and popular for pickling, also for flavouring soups, stews and other savoury dishes.

Plant Broad Beans.—Crop raised from seed.

Time of Sowing: On specially selected warm and dry sites sowings are made as early as November, but second week in February is generally considered good time for the first sowing on open ground.

Preparation of Ground: Broad beans respond generously to good food and plenty of it, so it is wise to manure the ground specially for them. On the area to be planted take out 2 ft. wide trenches, running north and south, to a depth of two spades or spits; mix a liberal amount of well-rotted stable-yard manure with bottom spit and fill in trenches to within 3 ins. of surface. Leave a space of at least 2 ft. between parallel trenches.

Method of Planting: Sow in double rows, herring-bone fashion, laying beans flat on the 3-in. deep bed, with 9 ins. between them. A double row of seeds may be planted

on *each* side of a 2-ft. wide trench. Fill in trench so that seeds are buried to a depth of 3 ins.

Harvest Time: About twenty weeks after planting.

Yield: Under favourable conditions of cultivation, weather, etc., about 2 bushels from a pint of seed.

Variety to Plant: Longpods for early crops, Windsors for late crops. Do not plant all your seed at same time (see previous note on *Successional Crops*).

Uses: Very nutritious and satisfying food. Surplus can be bottled for winter use.

See PRESERVING VEGETABLES.

Plant Jerusalem Artichokes.

—Crop raised from tubers.

Site: This valuable foodstuff will grow practically anywhere and under any conditions. Take advantage of its hardy nature by planting it in shady spots, or in any other parts of your ground that you have been lamenting over as waste land. In addition to an obliging nature, whereby it roots easily and multiplies freely, it has the habit of throwing up a decorative top-growth to a height of 10 ft. or 12 ft., consequently, the tubers will not only provide you liberally with good food from any hole-and-corner site, but they will form a majestic hedge round an unsightly dust-bin or a picturesque setting to a pigsty.

Method of Planting: Although Jerusalem artichokes can be so easily grown they fare better and give better fare when not entirely neglected, so put them where you like, but dig the ground deeply and be generous with the manure. Plant medium-sized tubers in rows—depth, 5 ins. or 6 ins.; distance between tubers, 1 ft.; distance between rows, 3 ft. With a hoe take out a drill—that is

to say, a narrow trench—lay tubers along and fill in; or make holes with a dibble or trowel, press in tubers and replace soil.

Harvest Time: You can begin to dig the crop in October or November; thenceforward through the winter you can lift supplies as you want them, and, heedless of frost, leave the surplus for the time being in the ground. Or the whole crop can be harvested in November and stored in sand.

Yield multifold, degree varying with care in cultivation. There seems to be no end to the yield if, for some reason, you should want to see the last of the crop, for any little scrap of root overlooked in digging will grow again.

Sow Spinach.—Sow some summer spinach in drills 1 in. deep and about 1 ft. apart. As spinach so quickly runs to seed, carefully note hints on *Successional Crops*.

Parsnips.—Prepare ground by deep digging of the plot to be reserved for this crop.

Put Early and Mid-Season Potatoes to Sprout.—Arrange tubers in single layers side by side in shallow boxes, stalk end downwards. Put boxes in a well-lighted, frost-proof place, and the tubers should make strong early growth by planting time.

Plant a Few Early Peas.—Select a site where the sun pitches in the afternoon, so that the seeds go to bed warm. There are several good dwarf varieties, and a selection from these will relieve you of the difficulty of getting sticks for staking. Sow in drills, 2 ins. deep, on well-manured ground. If you are troubled with mice, soak seeds in paraffin before planting.

GARDENING—*Continued.***MARCH.**

Choice of Seeds.—Just as it is improvident to plant good seed on ground that has not been skilfully prepared, so it is sheer waste to cumber your well-prepared land with bad seed. There are scientific ways of testing the germinating quality of seeds, but such experiments take time. The quick and sure way of testing seeds is to procure them from a reputable firm of seedsmen, whose supplies are obtained from pedigree stocks.

Drainage.—With a few exceptions, such as rice and water-lilies, plants cannot live in water, much as moisture is necessary to their existence. It is highly important, therefore, to see that your land is well drained. Irrigation and drainage problems vary with the nature of the soil and the lie of the land. Drains can be made at trifling cost in the following simple way: Take out a deep trench, drive in a foundation of stout branches laid crossways, fill in with gorse or brushwood and big stones.

Plant Foods.—Plants depend on the soil and on the air for their food supplies. From both sources they absorb nourishment by means of their roots. If the roots are not situated in well-drained ground that has been thoroughly ventilated by digging, the plants cannot draw freely on the air for nourishment. From the soil, roots can only derive nourishment in liquid form, hence the need of water to dissolve soil supplies. Most soils contain, with a few exceptions, stocks of the various substances which plants require in solution; these exceptions are: *Nitrates*, *Phosphates*, *Potash* and *Lime*.

Lime is not in itself a plant-food,

but it sweetens soil and sets free nourishment that might otherwise be hoarded by Mother Earth.

Well-rotted stable-yard or farm-yard manure enriches the ground with a combination of plant-foods.

The class of fertilisers commonly known as "artificial" supplies special foods for plants that require a particular form of diet.

WORK FOR THIS MONTH.

Sow Parsnips.—Deep digging is essential for a good crop. If the way is barred for these naturally long roots, they will make fangy growths, instead of tapering down clean and smooth into the ground.

Crop raised from seed. One ounce of seed should sow rows totalling 300 ft. in length.

Time of Sowing: Early March to end of April.

Preparation of Ground: Dig deeply—to a depth of at least 18 ins. Ground should *not* have been recently manured, but a dressing of lime is beneficial.

Method of Sowing: Sow in $\frac{1}{2}$ -in. drills, dropping eight or ten seeds in groups at intervals of 8 ins. Distance between drills, 18 ins.

Cultivation: Allow ample growing space by thinning out seedlings, leaving only the sturdiest of each group in position.

Varieties: Student and Hollow Crown are great favourites.

Harvest Time: About six months after sowing. But the quality of the roots is improved by frost, so there need be no hurry to harvest the crop. The advantage of a crop that can safely be left in the ground during the winter months becomes obvious in the autumn, when you are working against time to harvest all the crops that must be stored in frost-proof quarters.

Uses: Parsnips contain sugar, starch and albumen constituents which combine to make them a most nutritious food.

Sow Parsley.—Crop raised from seed.

Site: You appreciate tasty dishes. Consequently you will have reserved a bit of your ground for a herb garden. Sow parsley in the herb garden or as a border to a path. It needs rich soil.

Time of Sowing: March.

Method of Sowing: Sow thinly in shallow drills. When seedlings are established, thin out to 6 ins. apart. There is an old saying that "parsley goes to the devil three times," whereby you will gather that it is not easy to raise. The seed should germinate in from 20 to 30 days—so if at first you don't succeed, sow again.

Successional Sowings.—Remember to make successional sowings of broad beans, spinach and early peas.

Sow Early Carrots.—Crop raised from seed. Quarter of an ounce of seed should sow rows totalling 150 ft. in length.

Time of Sowing: Mid-March to end of April, but be guided by weather conditions; in the event of a cold snap or steady downpour, wait for the sun to get to work with the soil, for seeds like a warm bed that is moist without being wet or sticky. Also, avoid a windy day for sowing, or small light seeds may be blown away before you have time to cover them.

Site: Sheltered position; deeply dug soil that has not been recently manured.

Method of Sowing: Sow groups of about half-a-dozen seeds at intervals of 6 ins. in $\frac{1}{2}$ -in. deep drills;

distance between drills, 1 ft. Cover with very fine soil.

Cultivation: A thorough thin out is essential, and two thinnings are advisable; make the first when the seedlings are about 2 ins. high, leaving only the two sturdiest of each group in position. The second thin out should furnish a crop of young carrots, and leave their neighbours standing in the ground at 6 ins. apart to make further growth. Keep crop well weeded and use hoe frequently between drills.

Harvest Time: Early carrots should be available for use from July. Later on you must see about sowing main crop varieties for winter use.

Varieties: Early Nantes or any of the Shorthorn or intermediate types.

Uses: Carrots contain a high percentage of sugar together with many other valuable food properties. Young and tender roots are a nutritious delicacy; hitherto they have been regarded as luxuries simply because we have been content to rely on imported supplies and the produce of a few English gardens run on the French gardening system of forcing. Young carrots are very suitable to bottle for winter use (see PRESERVING VEGETABLES).

Put in Salad Crops.—For a very small expenditure of time, money and labour you can obtain from your garden a variety of fresh salad crops all the year round. Here is a brief list of these endless blessings: Lettuce, endive, chicory, radishes, corn salad, American land cress, mustard and cress, dandelions, sorrel, out-of-door tomatoes and cucumbers.

Lettuces for summer use may be sown in the open ground onwards from mid-March (see note under

GARDENING—*Continued.*

Early Carrots, *re* weather conditions). Small sowings should be made successionally, at intervals of a fortnight, in drills about a foot apart, or on a seed-bed. Thin out to 12 ins. apart when seedlings are 2 ins. high; transplant sturdiest of extracted seedlings. Water well in dry weather. Early Paris Market and Continuity are good early varieties, and All The Year Round merits its name.

Radishes require finely worked and moist, but well-drained, ground. They may be sown in the open onwards from March. Scatter seed sparsely and rake in or just press below surface of soil with back of spade. Thin out seedlings, but do not transplant. Radishes must be encouraged to grow quickly by a careful selection of site according to season (cool place in summer), by keeping ground moist in dry weather, and by thorough thinning; slow-grown crops are hot and stringy, quick-grown ones are crisp, cool and sweet. Sow long varieties in deep soil, round ones in shallow soil. French Breakfast is a popular variety. Lettuces and radishes being quick growing are very suitable as catch-crops and inter-crops. In due season we will stock our gardens with other supplies for the salad bowl.

Prepare the Spring Onion Bed.—If you live in a locality that is infested with the onion grub be content to grow leeks and shallots. But if your neighbourhood is more or less immune from the pest, by all means try onions. The bed should be situated on deeply dug and moderately rich soil, which has lately had a good dressing of lime. Give bed a good dressing of soot

and salt by raking in equal proportions of these valuable fertilisers. Sow seed thinly in half-inch deep drills; distance between drills 1 ft. Thin out seedlings to 6 ins. apart. A mixture of paraffin and sawdust scattered over the onion bed nightly when the seedlings are coming through the ground will help to keep the onion fly at bay.

Plant Early Potatoes.—To court bumper crops, you will need to use fertilisers at planting time. Get supplies of superphosphate of lime and sulphate of ammonia. If tubers have been put to spear, rub off all but two or three strongest sprouts. Planting distances: *Earlies*, 2 ft. between the rows and 1 ft. between tubers. Take out narrow trenches of about 5 ins. in depth, at aforementioned distances apart. Sprinkle in the trenches a mixture of five parts of superphosphate of lime to three parts of sulphate of ammonia, allowing 1 oz. of the mixture to the yard run. Set tubers in trenches at aforementioned distances apart, sprouting end upwards. Fill in the trenches. Use your garden line to keep rows straight when taking out the trenches. Be particularly careful not to tread on planted ground.

You may think that this method of planting takes a longish time, and suspect that it is not practised in the case of a big field. As regards all crops, the cultivation of farms and the cultivation of gardens are two very different matters. The average farm-yield of potatoes is about 6 tons to the acre; a garden crop should not be less than 10 tons to the acre. The first year's yield in my reclaimed pine wood was at the rate of 14 tons to the acre.

Attend to Herb Garden.—Put

in some plants of Sage, Thyme, Mint and Chives.

Prepare for Live Stock.—If you are going to keep chickens and a pig, suitable quarters should now be made ready for them, for early April is a good time to put a baby pig in the sty, and March or early April light-breeds of chicks should ensure a winter supply of eggs for you.

APRIL.

The busiest time of the busy sowing season is at hand. If you need help to keep pace with the work that must be done in your garden this month, invite your friends to a Sowing Bee.

Records.—Label all planted areas; use wood or other weather-proof labels for insertion in ground, and write on them with indelible pencil the name and variety of crops planted in the row they mark. It is helpful and interesting, too, to enter in a book such simple records as name and variety of crop planted, date of planting, cost and quantity of seed used; leave spaces in which you can fill in bulk and value of crops harvested.

Beware of the Birds.—Protect seedlings against mischievous birds by running black cotton along the rows; stretch cotton slackly between miniature "telegraph posts" at height of about 2 ins. above ground. Do this before seedlings appear, or, early riser as you may be, the early birds will steal a march on you some morning by breakfasting on the baby shoots.

WORK FOR THIS MONTH.

Sow Turnips for Summer Use.—Crop raised from seed; half an ounce of seed is ample for a rod of land.

Time of Sowing: Late March to beginning of July. Sow small quantities at intervals of three weeks in groups of about half-a-dozen seeds at intervals of 6 ins., in half-inch deep drills; distance between drills, 15 ins.

Cultivation: Thin out early. Turnips, like radishes, should be encouraged to grow quickly, the best quality being obtained when roots are ready to pull in from eight to ten weeks after sowing. Give ground a surface dressing of soot; this will speed up growth and fortify crop against attack by turnip fly.

Varieties: There are white-fleshed and yellow-fleshed turnips. Early Milan and Snowball are popular white varieties, and Golden Ball a favourite yellow.

Sow Beet.—Crop raised from seed; a quarter of an ounce of seed is sufficient to sow rows totalling 100 ft. in length.

Site: Preferably rich, light soil that has not been freshly manured, but was fed for a previous crop. Recently manured ground is apt to foster coarse and misshapen roots. For early crop choose a sheltered spot.

Time of Sowing: Early April to beginning of May.

Method of Sowing: Sow groups of two or three seeds at intervals of 9 ins. in half-inch deep drills; distance between drills, 15 ins.

Method of Cultivation: Thin out as soon as seedlings are big enough to be handled, leaving the strongest only of each group in position. Weed thoroughly and keep soil well stirred with hoe.

Harvest: Early crop put in about mid-April should be ready in July; these roots are suitable for summer use but not for storing.

GARDENING—*Continued.*

Main crop should not be put in before end of April or beginning of May; these roots may be lifted about November and stored for winter use.

Varieties: Two classes, round and long. A round variety should be sown for early crop: *Crimson Ball* is a great favourite. For main crop sow long beet in deep and deeply dug soil, a turnip-rooted variety in shallow soil: popular main croppers *Covent Garden Red* and *Cheltenham Green Top*.

Beet are rich in sugar and are second only to the potato for general food value.

Sow Mustard and Cress.—

From the end of April to September these useful salad ingredients can be quickly and easily grown out of doors. The ground should be damp, so in dry weather preliminary watering is necessary. An important objective in cultivation methods is to avoid a gritty crop. To this end flatten the ground with a piece of board, scatter the seeds on flattened surface and use the board again to press them lightly into the soil. The seeds need not go completely underground. Do not on any account scatter or rake any soil over the seeds. Overlace immediately with black cotton as a protection against birds.

Plant Mid-Season and Late Potatoes.—Planting distances: for mid-season varieties, $2\frac{1}{2}$ ft. between the rows and $1\frac{1}{4}$ ft. between tubers; for late varieties, 3 ft. between rows and 1 ft. 6 ins. between tubers. Otherwise, details of manuring and planting are same as for early varieties (see "March" notes).

Make a Nursery.—Numerous

crops have to begin life in a nursery, so reserve a small but good part of your ground for a nursery or seed-bed. In it plant all varieties of cabbage, savoys, kales, Brussels sprouts, cauliflower, broccoli and leek. The soil of the seed-bed should be finely broken and the surface raked level. Sow seeds thinly in shallow drills, and gently rake the soil over them. When the seedlings have made three or four leaves, they should be taken from their nursery quarters and planted out in the plot reserved for the crop. During early part of April—or, end of March, weather permitting—sow in your nursery-bed seeds of summer cabbage, Brussels sprouts, early and late cauliflowers, leeks and broccoli. During second fortnight of April, sow kales, savoys and red pickling cabbage. If you have not time to attend to a nursery-bed of your own, you can buy plants in due course from a professional nurseryman.

Make a Mushroom Bed.—

Mushrooms can very easily be cultivated out of doors during the summer months, and, if you care to take a little extra trouble, you may gather outdoor mushrooms from your garden all the year round.

Crop raised from spawn, which is sold in brick form. Bricks of spawn, known also as cakes, cost only a few pence each. It is essential to have fresh spawn, so order your bricks from a reliable nurseryman whose reputation and ready sales are a double guarantee against supplies of stale stock.

Bedding Material.—Fresh stable-yard manure is the best bedding material. Half a load will make a fair-sized bed. Loosely stack manure in a sheltered corner of the

garden, so that it can be exposed to the air but protected from rain. Turn thoroughly and frequently to facilitate evaporation of excess moisture and liberation of rank gases. Make up bed outdoors; oblong shape, sloping sides, any length, about 3 ft. wide and 2 ft. high. Beat down manure into a compact mass. Take temperature of bed with a thermometer, and when it registers 80 deg. to 82 deg. Fahrenheit, and is on the downgrade, put in spawn.

Method of Planting.—Break cakes of spawn into about ten pieces. Insert pieces of spawn in the bed at intervals of 9 ins. and close manure over them. Cover bed with a "counterpane" of mould, which should be well beaten down. Water well, using warm water. Keep bed moist. In cold weather put on an extra covering of straw or bracken.

Provide for Continuous Crops.—Sow some more peas, broad beans, lettuces, radish and spinach. The broad beans put in now are for a late crop and should be of the Windsor variety. It is still not too late to sow parsnips and plant Jerusalem artichokes.

Lay in Stocks of Artificial Manures.—Begin collecting a stock of potash by burning garden refuse, but keep the ashes in a dry place, for rain robs them of much of their goodness. When your chimneys are swept for the spring-cleaning, bargain with the sweep to leave you the soot, which is a valuable nitrogenous manure and which has the further advantage of warding off slugs.

Prepare Celery Trench.—It will be some little time yet before celery seedlings are big enough

to be transplanted. But celery needs plenty of moisture, so it is wise to open up a trench ready for the day of transplanting; thus time is allowed for rain thoroughly to penetrate the celery bed. Dig a trench 15 ins. deep and 18 ins. wide at bottom; fill in with 6 ins. of well-rotted manure, and, using your fork, mix this with bottom soil of trench; cover with about 4 ins. of soil. While the trench is awaiting arrival of its tenants you can grow catch crops, such as lettuces, on its banks.

Sow Chicory.—Crop raised from seed.

Time of Sowing: April and May.

Site: Deeply dug soil which has been manured for a previous crop. Roots of chicory resemble parsnips in appearance, and have the same inclination to fork in freshly manured ground.

Method of Sowing: Sow groups of two or three seeds in half-inch deep drills; distance between groups 9 ins.; distance between drills, 18 ins.

Cultivation: Chicory is a hardy crop and easy of culture; all that is necessary while plants are growing is to thin out seedlings when they are big enough to handle, leaving strongest of each group in position, and to keep weeds down. In October the top-growth of leaves is cut off and the roots left in ground till required for further treatment, or lifted and stored, clamp fashion. The edible portion is the *second growth of leaves* from the crown of the roots; this second growth is stimulated by a simple forcing method, the only requisite being a few flower-pots.

Variety: Witloof or Large-leaved Brussels.

See VEGETABLES, TO COOK.

GARDENING—*Continued.*

Sow Endive.—As with chicory, the cultivation of endive has hitherto been much neglected in this country, supplies being imported from the Continent. The crop is easy of culture. Sow seed in your out-of-door nursery bed, small quantities at a time, from late April to August. Plant out when seedlings are big enough to handle, in rows 12 ins. apart. Cultivation same as for lettuces. Tie up plants to blanch them. In cold weather litter down with bracken or similar covering as protection against frost.

Attend to Herb Garden.—Sow seeds of chervil in rows 6 ins. apart, thin out seedlings to similar distance apart. Chervil quickly runs to seed, so sow in small quantities at intervals from April to August; crop from August sowing should stand through winter and provide you with a seed supply next spring. Chervil imparts a delicious flavour to salads, soups and stews.

MAY.

A golden gardening rule: keep the hoe going between growing crops.

Foremost amongst the important business of the month is the *Sowing of Beans*. Do not be content merely to put in sufficient seed for yielding summer supplies of French beans and scarlet runners; provide for a surplus which you can preserve in salt for winter use. Also grow varieties that yield edible seeds of the haricot type.

Winter Beanfeasts.—Good runner varieties yielding edible white beans are White Czar and White Emperor; one pint of seed should plant rows totalling about 100 ft. The chances are well in favour of the sun drying the crops from these

varieties, as they mature early; you only have to shell them and put the sun-dried beans in a dry store cupboard for use. Possibly my home-grown White Czars and White Emperors are flavoured with a dash of British pride, but I must say I prefer them for use to any imported haricots or butter beans I have ever bought. By the way, do not experiment with the cultivation of haricots or butter beans from your grocery supplies; such supplies are usually kiln-dried, a process which does not make them less wholesome, but which destroys their power of germination. Further, ordinary haricots and butter beans require an exceptionally good English summer to bring them to a sun-dried state of perfection. A variety of dwarf bean that does well in this country is known as *Dutch Brown*; it is a prolific yielder of edible seeds, highly nutritious and of delicate flavour.

Dried beans contain 24 per cent. of protein, the nitrogenous part of food which plays the role of body-builder, as against the 15 per cent. to 20 per cent. contained in meat. Now you understand the origin of the name "bean-feast" to signify a good feed! Also you can feel the force, the suggestion of strength in the expression: "Giving him beans"!

WORK FOR THIS MONTH.

Sow French Beans.—Crop raised from seed.

Time of Sowing: May to mid-June for main crops, July for late crops.

Method of Sowing: Sow seed 9 ins. apart in rows 2 ft. apart.

Varieties: Canadian Wonder and Negro Longpod are special favourites and famous for heavy cropping.

Harvesting: All pods should be gathered when they are of medium size, so that the plants continue to flower and bear.

Sow Scarlet Runners.—Crop raised from seed. Do not begin to sow before second week in May.

Preparation of Ground: All beans repay well for liberal treatment; dig a trench 2 ft. deep, break up subsoil, half fill trench with well-rotted manure, and put back surface soil to within 2 inches of the level.

Method of Sowing: Sow seed 2 ins. deep, in double rows, *i.e.* her-ring-bone fashion, with a distance of about 9 ins. between seeds. Distance between double rows, 5 ft. to 6 ft.

Varieties: Ne Plus Ultra, Champion Scarlet, and Painted Lady are among the most serviceable kinds.

Sow Winter Beans.—Method of cultivating the climbing varieties is the same as that for scarlet runners, whilst the treatment for dwarf kinds is same as for French beans. I can recommend, in addition to varieties already mentioned, Japanese White Haricots (runners) and Green Kidney (dwarfs)—latter furnish the delicate eau-de-nil hue and delicately flavoured flageolets which are much used by French chefs.

Sow Salsify.—Crop raised from seed.

Site: Open space and deeply dug ground that has been manured for a previous crop.

Time of Sowing: Early May.

Method of Sowing: Sow seed thinly in shallow drills; distance between drills, 15 ins.

Cultivation: Thin out seedlings to 9 ins. apart, hoe frequently and water in dry weather. The roots,

resembling parsnips in appearance, can be harvested in late autumn and stored for winter use.

Uses: Salsify is a very nutritious vegetable, whose nickname of "vegetable oyster" indicates its delicacy of flavour.

Make a Marrow Bed.—Dig out a square, oblong or circular foundation; on this build up a hot-bed of fermenting material—stable manure mixed with leaves, grass or suchlike garden refuse; bed should be about 3 ft. high, well hollowed on top to encourage storage of moisture, beaten down firm and covered with soil. Sow seeds at intervals of about 2 ft. Seeds should not be put in before middle of May, and, should a cold snap of weather follow, the seedlings should be given a little shelter such as straw litter. Trailing varieties of vegetable marrows do well almost anywhere, provided they get enough water; the bush variety is very suitable for small gardens; the custard variety has particularly good flesh.

Sow Ridge Cucumbers.—Prepare a bed as for marrows. Plant seeds towards end of May, in triangular-shaped groups of three, 1 in. deep and 6 ins. apart, with a distance of about 4 ft. between groups; cover each group with a cloche or hand-light. When seedlings are well established, leave strongest in position and harden off until warm weather makes use of cloches unnecessary. Cloches proper are the bell-glasses which are an essential part of the equipment for French gardening, or, as it is sometimes called, intensive cultivation. A good substitute for a cloche is the framework of a wooden box surmounted by any old bit of glass.

GARDENING—*Continued.*

To preserve surplus supplies, see **PICKLES**.

Sow Corn Salad.—By sowing seed monthly it is possible to have corn salad all the year round. Sow in drills 9 ins. apart and thin out seedlings to 6 ins. apart.

Varieties: Broad-leaved or Italian and Round-leaved French are popular.

Uses: On account of both its continuous cropping possibilities and its agreeable flavour, corn salad, otherwise called "lamb's lettuce," deserves to be better known in this country. It can be used alone in the salad-bowl or as an ingredient of mixed salad; also it can be boiled like spinach.

Sow Dandelions.—Dandelions are a most wholesome and delicate adjunct of a salad. Cultivated plants of good variety are very superior to their wild relatives of the hedgerows. Sow a few seeds in rows 18 ins. apart, and thin out seedlings to 9 ins. apart. Pick flowers to prevent seeding. Blanch leaves by covering plants with flower-pots.

Varieties: Early Cabbaging and Moss-leaved are favourites.

Nursery Work.—At end of month sow late broccoli and kales.

JUNE.

This is the month when you will have to be busy transplanting savoys and suchlike green stuff for summer and autumn use. If you have not raised plants in your own nursery, get supplies from a reliable nurseryman.

WORK FOR THIS MONTH.

Plant out Cauliflowers, Early Broccoli, Cabbages,

Early Kales, Savoys.—Allow about 18 ins. between the plants and 24 ins. between the rows.

Sow Spinach Beet.—Perpetual Spinach, known also as spinach beet, is a valuable variety of beet, of which the leaves are the edible crop. The plant produces a continuous supply of these leaves, which are available in abundance during the months when ordinary kinds of spinach are not generally obtainable. Sow the seed in rows 1 ft. apart, and thin out seedlings, when established, to a distance of 8 ins. or 9 ins. in the rows.

Begin to Earth-up Potatoes.—The object of earthing-up potatoes is to prevent new tubers from pushing their way out of the soil, in which exposed position they would become green and unfit for eating. Earthing also gives some protection against the dread potato disease known as "blight." Earthing-up should be done when the tops or haulms of the potatoes are from 4 ins. to 6 ins. high. Work between the rows with a hoe, draw soil towards and around the haulms, so as to form a ridge through which the top leaves are just visible; the ridges should be flat-topped on heavy ground and cupped on light soil.

Plant out Leeks.—Leeks should be planted out when they are about 6 ins. high. Put them out in rows about 2 ft. apart and leave from 9 ins. to 12 ins. between the plants. Opinions differ as to the best way to plant out leeks, but on heavy land the usual practice is to put them in trenches, while on light soil they are commonly dibbled into a deep drill or sunk in deep holes made on the flat. In any case, sufficient room and sufficient

soil must be available to earth them up in due course for the blanching process.

Unearth Shallots.—Draw away the soil from clusters of shallot bulbs, so that the sun may play his part as gardener by ripening the crop. Repeat this operation at intervals as the bulbs swell, but take care that the plants are not undermined to such an extent that a strong wind might uproot them.

Plant out Celery.—Some time ago you prepared trenches for the reception of celery seedlings. You were not advised to rear these seedlings yourself, because they need the protection of a frame in their early days, and although framework is quite simple, it is apt to be too much of a burden for beginners in their first year. So buy, now, some celery plants, or beg them from a friend. Put them along centre of trench at intervals of 9 ins. ; water at time of transplanting, and during a spell of dry weather do not forget that celery is a thirsty crop.

Sow Winter Turnips.—See previous directions for methods of sowing and cultivation. Turnips sown now should remain in the ground until Christmas. You can lift them as required, but do not dig to store earlier, because they are kept tender by being left in position.

Pinch out tops of Broad Beans, as a protection against the pest known as aphid, or black fly.

Sow more Salads.—To ensure continuity of salad supplies continue making sowings at intervals of lettuces, mustard and cress, endive and suchlike crops. Lettuces should

now be sown very thinly, where they are to stand, for if transplanted in hot, dry weather they quickly run to seed ; a Cos variety is best for summer growth. Tie Cos lettuces near top of outer leaves for blanching ; do not let noose be tight enough to strangle plants, or loose enough to slip to base and so be useless.

JULY.

SPRING VEGETABLES IN THE WINTER.

Sounds like the title of a fairy-tale? We are going to see how easy it is in real life to have a wonderland garden that supplies us with young and tender vegetables all through the autumn and early winter.

Here is the working principle for obtaining from seeds sown in July and August crops during the same autumn or early winter: *Sow early-maturing varieties, sow thinly and thin out early.* Growing days being now limited, your main object must be to encourage maturity rather than promote size, so avoid any cultural method, such as transplanting, that temporarily checks growth.

To get closer down to details of cultivation: As ground available for July and August sowings you will have land that has been cleared of early peas, potatoes and broad beans; such ground should be well dug over, but need not be trenched, and unless the soil is very rich, a little good old farmyard manure should be incorporated. Suppose we are having a spell of dry weather when you are preparing a plot for replanting, take out drills in the usual way for the reception of seed, but water well along the lines before sowing. After you have thinned out the seedlings and the plants left in

GARDENING—*Continued.*

position are well established, stimulate growth by feeding with a little quick-acting artificial, such as nitrate of soda. Be careful not to drop any of the fertiliser on the green leaves, but sprinkle it on the surface of the soil, about 1 oz. to the square yard, and hoe in.

WORK FOR THIS MONTH.

Sow early-maturing vegetables to produce supplies during same autumn or early winter. Varieties recommended:

<i>Beans, Dwarf</i>	.	Canadian Wonder, Ne Plus Ultra.
<i>Beet</i>	.	Crimson Ball, or other turnip-rooted variety.
<i>Cabbages</i>	.	Offenham.
<i>Carrots</i>	.	Early Horn; Golden Ball, or other short- rooted variety.
<i>Cauliflower</i>	.	Snowball.
<i>Peas</i>	.	Little Marvel, Gradus.
<i>Savoy</i>	.	Tom Thumb.

Lift New Potatoes.—"Lifting" is the professional term for digging up potatoes. Some of your early variety potatoes should be ready to lift. Use for the work a flat-pronged fork. To avoid damaging the tubers by bayoneting them, strike the fork in the soil at a good distance from the earthed-up ridge, press it down well under the root and turn out the whole plant. Next pick the potatoes off the root and make them into a heap well out of the fork's reach; finally, turn over the soil carefully in the neighbourhood of the hole from which the plant has been turned out, so as to make a thorough hunt for any potatoes left in the ground.

Sow Cabbages for Use in Spring.—Ellam's Early is a popular variety for this purpose.

Sow Onions.—Autumn-sown

onions are cultivated in a seed-bed ready for transplanting in the early spring. There are two outstanding advantages connected with sowing this vegetable now instead of waiting till next spring: (a) The bulbs are more likely to resist the onslaughts of the onion fly; and (b) they mature earlier than a spring-sown crop. Make the seed-bed quite firm, and sow seed in drills about 1 ft. apart. Choose large growing varieties, such as White Tripoli or Giant Rocca.

Pinch out tops of Ridge Cucumbers, to prevent strength being squandered in running growth.

AUGUST.

FIGHTING DROUGHT.

Most of you, doubtless, have noticed that the crops in one garden—perhaps your own—have come healthy and green through a succession of scorching days and torrid nights, while similar crops in a neighbouring garden (is this your own?) have wilted towards death's door. How is it, you have been wondering, that like conditions have produced such different results?

One of the most important strategic measures of successful cultivation is the provision of defences to safeguard crops against drought. You must lay the foundation of these defences when you begin to prepare a piece of ground for cropping—that is to say, you must dig deep so that winter rains can penetrate the soil, and you must dig in moisture-retaining materials, such as leaf-mould and manure, so that the drought fiend, when he comes along, may have the utmost difficulty in drying out your crops. From practical work we have already done together you will

understand that these defensive precautions necessitate special attention to drainage, for inducing your soil to store moisture is a very different thing from converting land into a sour quagmire.

Look ahead when you are digging is the key to the first move for pulling your crops through a drought attack.

Here are a few more rules of good culture which play a prominent part in any insurance policy against drought.

Sow or transplant in damp weather so that roots may get a firm hold.

Keep the hoe going. Top soil is exposed to the baking rays of the sun, and if it is allowed to cake into a solid crust, plants will wither from want of ventilation, even though their roots may be getting storage moisture.

Water well and regularly or not at all.

Thirsty crops, such as celery, which must be watered if a dry spell ensues after transplanting, should be accommodated in your garden near at hand to an available water supply, and not relegated to a distant allotment.

We have, of course, previously gone through these rules together, but before you had an opportunity of seeing the logic in them as revealed by material results, very probably you found them tiresome and thought them pedantic. I know I did. Well do I remember snapping off Brother Bill's head with the remark: "I want to grow peas and potatoes, not rules," when he presented me with a much underlined gardening treatise. In my heart I have since sent many an apology to him, thousands of miles across the sea, as one neighbour after another has leaned over my

hedge to deplore the absence of rain and enviously enquire how it is that my garden is doing so well in spite of the drought.

WORK FOR THIS MONTH

Earth-up Celery.—The object of earthing-up celery is to blanch it. The process checks growth, so should not be started until the plants are well developed, and then only carried out by stages. Just before you begin this finishing-off process give the plants a dressing of soot and salt. Next gather in any catch crop you have been growing alongside the trench, for you will need the soil which you specially banked up for the earthing operation. The first earthing-up should be done with a hand-fork. Treating each plant singly, surround it with one hand, and with the other remove any suckers round the base; still keeping your hold, to guard against mould dropping into the heart, pack a little soil loosely round the plant. About a fortnight later pack the soil higher, still keeping it loose so as to give the heart room to expand, and at the end of another fortnight complete earthing to tops of second tallest leaves.

Harvest Shallots.—The time has come for digging-up your shallots. Insert fork lightly under each cluster, taking care not to prod the bulbs, and lift gently to avoid bruising. Separate bulbs and leave them lying out where dug for a couple of days. Now spread on a sack and put them in a sunny spot; take them indoors at night or during a shower of rain. When they are thoroughly dry you can store them for use as onions. Or you can make pickles.

See PICKLES.

GARDENING—*Continued.***Attend to the Onion Bed.**—

You have noticed that the stalks of your onions are beginning to be very lippy and that the bulbs are turning brown. These are signs that the crop will soon be ready for harvesting. Bend over the stalks at the neck of the bulbs, arranging them so that they all lie down in one direction, thus providing a free passage by which sun and air can get to the bulbs to help ripening. When bending the stalks be careful not to break them.

Earth-up Leeks.—Do not forget that the only edible part of leeks is the portion which you blanch. Blanching is effected by earthing-up the stems; as the growth of the stems proceeds you must keep pace with the earthing process, otherwise you will be letting the crop run to green waste (see previous hints on *Earthing-up Celery*). Remember, too, to keep the ground stirred between the plants. No crop responds more generously to attention than the leek; on the other hand, it is particularly quick to resent neglect.

SEPTEMBER.

This month and next you will be busy harvesting mid-season and main-crop potatoes. Harvesting potatoes means much more than digging them out of the ground; the work includes a variety of precautionary measures calculated to fortify the keeping powers of the dug tubers.

The principal ills which may assail potatoes after they have been lifted from the ground are damp, light, frost, stuffiness, blight infection, and the cook's propensity for using only the big ones because the

little ones are more trouble to prepare. Bear in mind these possibilities of danger, and you will find it a simple matter to adapt the following rules to your own special circumstances as regards size of crop and facilities for storage.

To Prevent Loss of Potatoes.

—1. Lift on a sunny day when the barometer tells you the chances of rain are infinitesimal.

2. Leave tubers exposed to air for a few hours so that surface moisture may evaporate; this drying off of the skins must, however, be effected without lengthy exposure to light, otherwise potatoes will turn green and become unfit to eat.

3. Do not "clamp"—that is to say, store in the earth pie-fashion—until much later on in the year; for the present arrange to store surplus somewhere under your eye.

4. Pick out all diseased tubers, carefully searching for the least sign of "spotted blight."

5. Pick out all small potatoes, present them to the cook, and gently but firmly indicate that no others will be available until small ones are used up.

6. Store remainder on straw, bracken or sacking, and cover sufficiently to exclude light without creating heat. Spread rather than stack. If lack of space makes heaping essential, do not let heaps be more than 2½ ft. high, or potatoes will produce heat and tend to sprout. For similar reason, if deep boxes are used, do not fill them to the brim. Dust layers with slaked lime and flowers of sulphur; both help to check disease, and sulphur keeps vermin at bay.

WORK FOR THIS MONTH.

Harvest your Onions.—One fine day—and as soon as possible

now—harvest your spring-sown or spring-planted onions. As in the case of potatoes, remember the broad significance of that word “harvest.” After lifting bulbs, leave them out to dry; it is a good plan to spread them on sacks, so that in the event of a shower they can be speedily removed to shelter. The bulbs must be thoroughly dry before you transfer them to storage quarters. Heat is the worst enemy to keeping power of onions, so house them in a cool place and avoid crowding. Ventilation is ensured and economy of space effected by plaiting foliage so as to make a rope of bulbs; the roped onions can be hung in any shed or outhouse.

Attend to Celery.—The weather was dry, my celery had outgrown its first earthing-up, and I watched the wind beginning to play havoc with the plants. In despair I flew off to find Kaye:

“I’m glad you had the sense, Miss, not to go pilin’ up any more sile round it while the drawt lasts; tie up the plants same as if you were blanching cos lettuces—that’ll keep ’em from getting blown to ribbons, and you can go on with the earthin’ up when we gets a bit of moisture in the ground.”

In case you should find yourself in a similar dilemma, I thought you might be glad of the hint.

Sow Cauliflowers for Spring.
—Sow now in the open a good early variety, such as Early Snowball. Seed may be put in broadcast or in drills 9 ins. apart, but in either case should be sown thinly. If hot weather comes, shade the ground with branches. You will transfer seedlings to stationary frame, or prick them out and

cover with portable frame, about November.

Plant out Spring Cabbage.—Your autumn-sown cabbages for spring use should now be of transplanting size. Put out plants on firm and rich ground, at distances of 15 ins. to 20 ins. apart.

Harvest your Haricots.—Pull up plants when leaves begin to wither and condition of pods indicates that beans are ripening. Choose a dry day for this work and wait until the sun has been up long enough to absorb any surface moisture. Tie up plants in bundles and hang by their heels in a rainproof but well-ventilated shed. Shell out when beans are dry enough to be easily removed from pods. The shelled beans should be thoroughly well aired before they are packed for storage; expose them to sun and wind on trays or in open boxes, or, in the case of very large quantities, heap up on sacking under cover and daily give boxes and trays a shake, or turn over the heap, so as to ensure even drying. When your haricots are thoroughly dry you can keep them in bags, closed boxes or tins in a cool, dry place.

OCTOBER.

WINTER HOLIDAYS FOR MOTHER EARTH.

Autumn is the best time for bringing waste ground into a cultivated state and for digging such parts of your garden or allotments as are to lie fallow through the winter. If ground destined for a change or a holiday be thoroughly turned over at this time of year, the soil which has hitherto been buried will be well aired for several months before the next busy sowing season comes round, while hordes of insidious

GARDENING—*Continued.*

foes, such as grubs, insects and microbes, will be exposed to the useful onslaughts of frost and snow. Spare yourself no trouble to secure, without delay, supplies of lime or powdered chalk to sweeten soil that has become soured with long usage or rank from neglect; make an equally determined effort to obtain farmyard manure. Do not dig on a wet day or when the ground is sodden. Simple digging, to a spade's depth, is sufficient for ground that is already under cultivation; double dig or trench land to be reclaimed — at this stage of our experience these terms are no longer "double Dutch" to us. On heavy ground incorporate manure with soil at time of digging; delay manuring very light soil until early spring. Do not make one job of liming and manuring; if the two treatments are allowed to work together in direct conjunction, valuable plant food is set free to waste. Leave ground rough dug, in form of clods.

WORK FOR THIS MONTH.

Harvest Carrots.—Lift spring-sown carrots. Pull them up carefully so as to avoid bruises and breakages. Twist off leaves, rough clean roots by removing any coating of soil, and expose to the air for a day or two to dry the skin. Pack away in boxes with thoroughly dry sand, fine soil or sifted ashes. If your crop is too big for boxes, or the latter are not available, store roots in a shed or cellar, alternate layers of carrots and one of the three packing materials already mentioned. If neither of the suggested methods is feasible, roots must be clamped in the open.

Lift Beetroot.—Lift your spring-sown beets. Nothing is to be gained

by leaving them any longer in the ground; on the contrary, if you delay digging they might be attacked by slugs and grubs. Take care in lifting not to break rootlets or graze the skin of roots. The merest scratch may set up "bleeding," whereby the colour and quality of the roots are impaired. Small crops can be stored in a similar way to a moderate output of carrots. In case of a large crop, or failing accommodation under a roof, roots should be clamped.

How to Clamp Beetroot or Carrots.—For the site choose the driest part of the garden. Spread fine soil or sifted ashes in a circle on the ground. On this prepared foundation place a layer of beets (or carrots) with crowns outwards. Cover the roots with fine soil, sand or sifted ashes as a protection against slugs. Proceed to stack alternate layers of beets and soil or ashes into the form of a conical-shaped mound. Cover the mound with a 3-in. or 4-in. thick layer of dry bracken, and insert at the top an upright wisp of the same material to provide ventilation. Dig a drainage trench round the base of the clamp. Beets should be thoroughly dried off by exposure to the air before they are clamped.

Summer-sown beet, like summer-sown carrots, should not be lifted now, but left in the ground to be pulled as required for use.

Clamp Potatoes.—In the case of a large crop, or when indoor space is limited, the best method of storing potatoes is to clamp or pie them. There are two ways of making a potato pie: (1) Sunken; (2) Raised.

To make a Sunken Pie: In a sheltered part of the garden dig a

hole to serve as "pie-dish." Depth of hole, $2\frac{1}{2}$ ft. to 3 ft.; other dimensions must depend on shape of site and size of crop to be clamped. Line hole with dry bracken or similar litter; fill with potatoes, which have been previously graded into two or three uniform sizes that will cook evenly when extricated for table use. Cover with a first crust of dry bracken and a second of soil; the latter must be thick enough to keep out frost—6 ins. to 9 ins. thick, according to whether pie is situated in a snug or only moderately sheltered position. In very severe weather add another 3 ins. of soil covering.

To make a Raised Pie: The old-fashioned way involves the provision of ventilation shafts. The new method, recommended by the Board of Agriculture, is much simpler: After grading, pile potatoes in a heap with sides as upright as possible, in shape of the letter A. Cover sides and ends of clamp with a layer of long wheat straw, 4 ins. in thickness, taking care to press lower ends of straw close to ground, because frost most often gets in along the edge of clamp. The long straw layer should reach almost to top of the potatoes. To keep straw in place, throw a layer of earth along lower edge of clamp. To keep off rain, thatch ridge with a covering of long straw, taking care that ends of thatch overlap straw at the sides. At the approach of winter finish clamp by covering it, except along the middle of the ridge, with a thick coat of soil dug out from along the sides. As a result of digging, a drainage trench 1 ft. or so wide and about 6 ins. deep is formed; cut an outlet in this trench so that water may drain away.

NOVEMBER.

CROPS THAT ARE STORED IN THE GROUND.

We are a little tired after the heavy work of lifting, barrowing and clamping potatoes, main-crop carrots and suchlike vegetables for winter use that must be transferred to sheltered quarters before the cold weather sets in. Hence we are particularly glad to remind ourselves just now that many varieties of produce which we have grown for winter consumption present no storage problems. Leeks, Brussels sprouts, savoys, kale and spinach beet should be left in the ground until required. Celery, too, is generally left banked-up in the trenches where it has grown. You can study your own convenience as regards lifting or leaving parsnips, and Jerusalem artichokes are an equally obliging crop; both these vegetables gain in flavour rather than suffer any harm by being left in the ground, but should you need the space they occupy, you can lift and store them, the former in the same way as beet, the latter like potatoes.

WORK FOR THIS MONTH.

Shield Broccoli and Cauliflowers.—Broccoli and cauliflowers for winter use may now be lifted with a good ball of soil and planted close together in deep frames or open sheds. If broccoli is to remain outdoors through the winter, take out a spadeful of earth on the north side of each plant, then thrust the spade into the ground on the south side and give the whole plant a push, which leaves it slanting northwards. Cover the stem with soil up to the base of the leaves.

Sow Broad Beans.—For early

GARDENING—*Continued.*

crops of broad beans make a first sowing this month of one of the hardy, longpod varieties.

The seed should have a warm situation, in combination, if possible, with light, well-drained soil. In a wet soil the beans are very apt to decay after a severe frost, but a dressing of fine coal or wood ashes helps considerably in safeguarding them against such a catastrophe. Make further sowings in December, January and February.

A Bid for Early Peas.—Those of you who are ambitious to be the first in your neighbourhood to have a boiling of peas next year should make a first sowing without delay. To add to your chance of success sow again in December, January and February. Directly the seedlings appear, dust with soot; when plants are fairly out of the ground, put sticks to provide them with shelter and support.

DECEMBER.

THE ROTATION OF CROPS.

Re-plan your kitchen garden for next year's work. Your first consideration must be to arrange for a rotation of crops. The principle which serves as guide to such an arrangement lies in the fact that it is folly to attempt growing the same crops or the same class of crops in the same ground for two successive seasons. Similar crops have similar requirements in the way of food to be extracted from the soil; obviously, therefore, if the second season's occupants of a plot of ground belong to the same family as its first season's tenants, there is danger of the particular kinds of nourishment necessary to the well-being of

that family becoming so exhausted that the second crop is starved; at the same time, there is a waste of other soil elements of nutrition for which that family has little or no taste.

A good system of rotation provides for a succession of crops which have both chemical and mechanical differences, placing, for instance, tap-roots, such as parsnips and carrots, after surface-roots, such as cabbages and cauliflowers. Here is the Royal Horticultural Society's plan of general vegetable garden rotation, specially designed by experts for the guidance of the new army of gardeners and allotment holders:

Land divided into four plots. Plot 4 devoted to permanent crops such as rhubarb, asparagus and sea-kale.

First year.—Plot 1, celery, leeks, onions, potatoes; Plot 2, cabbage tribe, turnips; Plot 3, beans, peas, beets, carrots, parsnips.

Second year.—Move crops in 1 into 2, 2 into 3, and 3 into 1.

Third and following years.—Continue the same rotation, 3 always moving into 1, 1 into 2, and 2 into 3.

It is of outstanding importance to alter the location from year to year of potatoes and all members of the cabbage family.

WORK FOR THIS MONTH.

Prepare your seed list.

Make successional sowings of peas and broad beans for early crops.

Weather permitting, get on with digging.

GARLIC.

Garlic is a near relation to chives, leeks, onions and shallots, but is the worst of the bunch for smell,

and for this reason is very little used in polite society.

The root consists of a cluster of bulbs, each bulb being known as a "clove." Even a small piece of a single clove will impart a strong flavour to any dish in which it is included, and will so affect the breath of a consumer for several hours as to make him an undesirable companion. Although France is one of the few countries in which garlic is tolerated, note the farewell instructions of a French lady, resident in this country, as always given to her husband previous to his departure for Paris: "Eat to your heart's content anything perfumed with garlic, but the last time you indulge must be at least 48 hours before you return."

If you use garlic at all, use it with great discretion: for instance, an endive salad may be mixed in a bowl which has been lightly rubbed round with half a clove of garlic, or a few tiny bits of a clove may be stuck into a joint of mutton before it is put in the oven for roasting, and so used may win favour for actually improving the taste of the meat.

GARNISHING.

Garnishing is the art of endowing food with good looks. As with all other decorative arts, designs, colour schemes and suchlike mediums of expression depend, to a considerable extent, on individual taste. But there are certain principles which must not be overlooked, and here are a few of them for your guidance:

Garniture should be worthy of the quality of food it embellishes, and vice versa.—For instance, cold salmon merits a trimming of more artistic composition than a sprig or two of

parsley. On the other hand, a decorative ring of "scrambled" jelly in colours becomes irritatingly pretentious when it is discovered to be as tasteless as the blancmange it surrounds.

Flavour of garniture should not be antipathetic to the dish it embellishes.—Certain vegetables, such as beetroot and carrots, cut in shapely pieces, might be so arranged as to enhance the appearance of a *pâté de foie gras*, but the combination of flavours would be suggestive of the sublime and the ridiculous.

Fresh and crystallised flowers, fresh and crystallised fruits, vegetables shaped into decorative forms by cutters specially designed for the purpose, hard-boiled eggs, sauces and jellies, are amongst the principal aids to garnishing.

Some suggestions for garnitures:

To Garnish Yesterday's Cold Meat.—Carve meat and arrange on dish; surround at intervals with small mounds of mixed vegetable salad, and at each end of dish put the heart of a small French lettuce.

To Garnish Cold Chicken.—Joint bird, pile in centre of dish, cover with mayonnaise and sprinkle over the sauce white of hard-boiled egg chopped fine. Surround with lettuce interspersed with chicken jelly, and over the lettuce dust powdered yolk of hard-boiled egg.

To Garnish Fish.—Amongst the most appropriate garnitures for fish are lemon, sliced or quartered; thin slices of cucumber; mayonnaise sauce, in its natural yellow shade, or coloured green or pink (see COLOURINGS); hard-boiled eggs cut in quarters, or white chopped and yolk powdered by rubbing through a sieve; aspic jelly, plain moulds or in combination with vegetables, particularly cold, boiled green peas.

GARNISHING—*Continued.*

To Garnish Trifle, Creams, etc.—The most effective and harmonious trimmings for trifles, creams and suchlike sweets are glacé and crystallised fruits, crystallised flowers such as violets and rose petals, angelica, silver comfits, hundreds and thousands, blanched almonds and pistachio nuts. Select according to colours that will harmonise or afford a pleasing contrast to colour of sweet to be ornamented, and arrange to suit your fancy and the shape of bowl, dish or glasses in which sweet is served.

GAS,

see FUEL; GEYSERS; HOT-WATER SUPPLY; LIGHTING; and STOVES.

GEESE.

To eat well, in whatever style it is cooked, a goose should be young and fat. The fat of a young goose is white and its skin thin. The beak of a goose is a very good indication of the bird's age. Try to bend it, and if it gives easily so that you would have no difficulty in breaking it, you may be sure the bird is young.

RECIPES.

Roast Goose.—Put in baking-tin, and cook at first in hot oven to extract fat for basting. Continue cooking in moderately hot oven, basting frequently. Constant basting is essential, otherwise the bird, even though young and naturally tender, will be dry and insipid.
Time: 2 to 2½ hours.

Serve with apple sauce and gravy, which should be sent to table in sauce-boats. *To Make the Gravy:* see CHICKENS, under recipe *Chicken, to Roast.*

Roast goose is usually stuffed with onions, whole chestnuts, purée

of chestnuts or a mixture of sausage-meat and chestnuts.

To Make the Stuffing.—Sage and onion as for *Roast Duck*; see DUCKS, under recipe *Roast Duckling.*

Chestnuts should be roasted or boiled, and peeled, before being packed into goose. If purée of chestnuts is to be used, the nuts should be rubbed through a sieve and moistened with a little milk or stock. When chestnuts are mixed with sausage-meat to make the stuffing, use 2 lbs. of nuts to ½ lb. of sausage-meat, and leave the nuts whole or in biggish pieces.

Yesterday's Goose.— Slices served cold will provide one very excellent meal. Indeed, some people only eat hot roast goose yesterday for the pleasure of being able to have cold goose to-day.

Another, and very delicious way of utilising the remains, together with the giblets, is a dish known as "Goose and Rice Stew." You have already stewed the giblets, in order to have stock with which to make gravy for your hot roast goose. The cold surplus of this stock should be a rich jelly.

Melt this jelly in a large saucepan and to it add a liberal quantity of the fat which ran from the goose while the latter was cooking, and which, naturally, you drained off into a separate bowl. In this stock cook some rice, and when the latter has absorbed nearly all the moisture and is quite tender, put in the already cooked giblets, some slices, joints and the cut-up carcass of the cold goose. Let the meat get thoroughly hot and serve the mixture on a very hot dish.

GEYSERS.

If you have the gas laid on in your house, avail yourself of all the

economic advantages it offers for comfort and convenience. A geyser affords you the opportunity of enjoying one of the greatest of such advantages; it is a simple and inexpensive appliance specially designed for utilising gas to heat water for baths.

At any time when the kitchen fire is not available for heating boiler—when the oven has first call on fire, when it is undesirable or unnecessary to light a fire, or when shortage of labour makes a kitchen fire a burden—a geyser provides any number of hot baths, one after the other, without giving any trouble beyond the trifling jobs of lighting the gas in it and turning on the hot-water tap to the bath.

Water can, of course, be heated by means of a geyser at any time of the day or night for a variety of other purposes, as, for instance, washing-up or filling the hot-water bottles.

GINGER.

Ginger is prepared from the dried roots of a tropical plant. It can be purchased in pieces, powder, and in the form of a preserve.

In root form it is used for flavouring syrups, and is the principal ingredient for flavouring marrow jam. It is in this form, too, that it plays a leading part in the concoction of such beverages as ginger beer, ginger brandy, and ginger wine. Previous to use, the roots should be well bruised with a heavy hammer or flat iron to facilitate extraction of their strength.

In powdered form, ginger is a flavouring ingredient for numerous kinds of puddings, cakes and biscuits. It also enters into the

composition of pickles, chutney and curry powder.

Preserved ginger, crystallised or in syrup, is eaten as a dessert or used like candied peel in puddings and cakes.

GLASS.

To Remove Stains.—Cruet bottles, decanters, flower vases and water-bottles may become stained, although such condition always indicates neglect. To remove stain, put into receptacle equal quantities of vinegar and salt—anything from a teaspoonful to a tablespoonful or more of each, according to size of article; add some well-washed tea leaves and enough warm water to half fill article. Shake and twirl article so as to swish liquid about in it, and stand aside for a few hours, during which time repeat swishing process at intervals. Pour out cleansing materials, and wash and rinse article in usual way.

A more drastic method is to use sand, shot or finely-sifted ashes in cold water, but as any of these gritty substances is apt to scratch the glass when you are swishing them round, do not resort to them unless you are obliged.

To Temper.—New glassware which is to come into contact with heat—tumblers that may be used for hot drinks, lamp glasses, etc.—will be much less liable to crack if treated in the following way:—

Immerse glass in a pan of cold water; place pan to side of fire and very gradually bring to the boil, then move aside to simmer very gently for half an hour. Take pan off stove, and wait until water is quite cold before taking out glass to dry. Glass must be well under water throughout the whole process of tempering.

GLASS—*Continued.*

To Wash.—Wash in a thin lather of luke-warm water and soap, rinse under a running cold tap, drain, dry and polish with linen cloths kept specially for the purpose.

Glasses which have been used for milk should be rinsed in cold water previous to washing.

See also **HOUSE, EQUIPMENT OF**; and **PACKING**.

GLOBE ARTICHOKEs.

Recipes for Cooking,

see **VEGETABLES, TO COOK**.

GLOVES.

To Mend.—The call for mending most commonly comes from unstitched seams. If seams are outside sewn, mend on that side, imitating the machine stitch as far as possible and keeping to the original holes; if inside sewn, turn finger or thumb, as need may be, inside out and proceed in similar way as for outside stitching.

For a hole, tear or weak spot in gloves made from kid, chamois or any kind of skin, there is no neater method of mending than a button-hole stitch darn—buttonhole round edge of flaw, and using the top line of this stitching as a base, proceed to make a second row of similar stitches, each of which should be drawn moderately tight into form of a mesh. Continue in similar way with succeeding rounds, each of which will, of course, become smaller in circumference, until hole or worn part is completely filled in with a neat, spider-like web.

Darning is the best method of repairing any damage, except broken stitching, in woollen, silk, cotton or fabric gloves.

Be particular about the colour and variety of thread used for mend-

ing. Use silk, for instance, not cotton, to repair silk gloves. If gloves have been machine-stitched with silk do not use linen thread for restitching seams. If gloves are white but seams are stitched in black, do not repair seams with white thread. Match thread to colour of glove when mending holes.

Even when the good habit is always followed of sewing buttons firmly on new gloves previous to first wearing, a button may disappear long before the gloves get shabby; be very particular about replacing it with a button to match, or match as nearly as possible, the ones that remain in place, for there is nothing like an odd button for giving a disreputable air to gloves. When a good match is impossible, it is better to remove remaining buttons and sew on a whole new set—the new set may very well consist of buttons cut from old gloves and stored until required among the treasures in your button box.

When mending kid or leather gloves use a triangular needle in preference to one of the usual round pattern. Triangular-shaped needles are made specially for leather work; in perforating kid and kindred materials, they make clean-cut little holes which are much less liable to spread and tear than are the jagged-edged piercings of an ordinary sewing needle.

Mended gloves should only be worn for shopping or travelling, never for visiting.

To Wash.—Washable gloves are now made in many materials. In whatever material they are fashioned, the secret of washing them to look like new is never to rub soap on them directly, and hardly ever to rub them at all.

Make a lather of flaked soap and water, warm enough only to allow you to put your hands in quite comfortably. Wash gloves right side out by shaking them gently in the lather; if they are very dirty, repeat process in a freshly-made lather, and if any grubby spots still remain after, say, immersion in a third lather, as a last resource you must slip both gloves on your hands and gently rub the stubborn spot. But more washable gloves are worn out by letting them become so dirty that it is difficult to get them clean again, than by washing at frequent intervals every time they look soiled.

Silk, cotton and woollen gloves should be well rinsed, but plenty of clean soapy lather should be left in the chamois varieties. Turn gloves inside out to dry. At intervals during drying, draw gloves carefully on and off your hands to help them resume their original shape and size.

These are well-tested, general directions. But if specially printed directions are given you with any particular make of washable gloves, follow them to the letter, for you may depend on it that a manufacturer who goes to the trouble and expense of issuing printed directions with his particular make of gloves, is offering you a specialist's advice on his particular line of goods.

GOOSEBERRIES.

To Bottle, to Can, to Pulp,
see PRESERVING FRUIT.

GRAVIES.

Gravy in its simplest form is the juice of roast meat—or of meat baked in the oven, baking being synonymous in these days with roasting. As the whole art of roasting is designed to keep all juice other than fat in the meat—to which end the joint is put

in a hot oven and basted with hot fat—it follows that the best gravy as regards strength should be that which runs out on to the dish from the meat when the joint is cut. All other gravies are made-up compromises, but very good compromises they can be, if they are skilfully prepared, almost equal in flavour to the genuine article and more liberal in supply.

TO MAKE SIMPLE AND GOOD GRAVY.—However scientifically a joint is cooked in the oven, it usually deposits some goodness in the baking-tin besides fat—bits of brown dislodged during basting, marrow from bones, etc.

Carefully skim off all fat, and to sediment which remains in baking-tin add a little boiling water. Season with salt and pepper. Stand baking-tin over fire and boil up contents, stirring well. Pour gravy thus made direct into gravy boat, or pass through a strainer.

If a thicker gravy is required, sprinkle a little flour on sediment in addition to salt and pepper. It is advisable to use a flour dredger. Stir, over fire, to mix flour and sediment before adding water.

If gravy is too pale in colour to look appetising, add a few drops of browning (see COLOURINGS, CULINARY).

RECIPES.

Beef, Gravy for.—Make according to general directions for simple and good gravy, but do not thicken or colour.

Game, Gravy for.—If any giblets, bones or trimmings are available, put them into a saucepan, add a little bit of onion, a small piece of butter, a little spice such as a clove or two and some peppercorns, a bay leaf or two and a small

GRAVIES—*Continued.*

contribution of savoury herbs such as a sprig of thyme and of parsley. Cover with cold water and simmer gently for 2 or 3 hours. Strain. Use this stock, instead of boiling water, to add to any sediment in the baking-tin.

Or, if there is nothing left in the baking-tin after the fat has been poured off, make the gravy entirely with the stock. Season stock with salt, and, if necessary, add a little more pepper. Reheat. A little browning may be added if appearance calls for it. Also, the gravy may be thickened, to which end stir in a little flour previously mixed to a smooth paste with cold stock or water.

If no giblets, etc., are available, make the stock for gravy with about $\frac{1}{2}$ lb. of gravy beef.

If the gravy is to be served with roast hare or venison, stir in a little red-currant jelly and add or omit, according to taste, a glass of port wine.

Mutton, Gravy for.—Make according to general directions for simple and good gravy. A few drops of browning may be added to improve colour, but do not thicken.

Poultry, Gravy for.—Stew giblets and proceed in accordance with directions given under *Game, Gravy for.*

Rissoles, etc., Gravy for.—Many made-up meat dishes, such as fried or baked rissoles and croquettes, are improved by an accompaniment of gravy. If you have no suitable gravy available, you can make some in a very few minutes by warming up any savoury stock you may have in the house; thicken it, if necessary, by stirring in a little flour or cornflour previously mixed to a smooth paste with cold

stock or water, or, reduce consistency, if desirable, by adding a little plain water; colour with a few drops of browning, if stock is too pale. And if you have no stock in the house, make an emergency supply with a portion of a gravy soup square or a gelatine meat cube or capsule.

Veal, Gravy for.—Make according to general directions for simple and good gravy. Or, stew bones and trimmings of joint, and mix stock thus obtained with sediment in baking-tin, to which a little flour has been added for thickening.

Venison, Gravy for.—See under *Game, Gravy for.*

See also **STOCK.**

GREASE SPOTS, TO REMOVE.

From Fabrics.—For removing candle-grease spots, see under heading **CANDLE GREASE, TO REMOVE.**

For gravy spots or suchlike food marks on unwashable clothes, carpets, etc., rub with a clean flannel moistened with benzine, or sponge with warm water to which a few drops of ammonia have been added. *Note carefully that benzine is highly inflammable and should never be used near a naked light or fire.*

Similar spots on washing materials will usually yield to hot water.

From Kitchen Floors and Tables.—Wipe up grease immediately it is spilt, sprinkle a little sand on the stains, and scrub, using soap and very hot water to which soda has been added. If stain proves obstinate, rub it well with household ammonia and re-scrub.

For old grease stains on floor or table boards, make a paste of Fuller's earth and water; spread paste over stains, leave for 24 hours, after which scrub well.

From Stoves. — Rub with a cloth dipped in turpentine; or with a pad of old cloth dipped in soot. Grease spots should, of course, be removed before blacklead is applied.

GREEN CORN.

Recipes for Cooking,
see VEGETABLES, TO COOK.

GREENGAGES.

To Bottle,
see PRESERVING FRUIT.

GROUND RICE.

This useful and nutritious food-stuff is the cereal rice, ground, as its name implies, to the form of a fine meal.

Ground rice is useful as a thickening ingredient. It is particularly good for blancmanges, and for this purpose many people prefer it to cornflour because it sets to a less glue-like consistency. Alone, or with wheaten flour, it makes very good cakes, light and akin to sponge cakes.

Ground Rice Pudding.—Mix 3 tablespoonfuls of ground rice to a smooth paste with cold milk. Stir in a pint of boiling, sweetened milk. Return to saucepan, bring to boil, stirring meanwhile, then stand aside to simmer gently for about 15 minutes.

Stir in a few drops of flavouring essence, such as vanilla or almond, turn mixture into a buttered pie-

dish, dot a few little bits of butter over the surface and bake in a moderate oven for about half an hour. Top should be nicely browned.

See also BLANCMANGES; CAKES; CREAMS; and SAUCES, under *Liaisons*.

GROUSE.

In season from 12th August to 9th December; it is only within the limits of these dates that the game laws permit of grouse being shot.

These birds are usually sold in their feathers, but it is customary for poulterers to pluck and prepare them for cooking previous to delivering them to customers. Choice depends on whether you prefer game fresh, high, or in the happy medium stage; to attain the last-named degree of maturity the birds must hang for 3 or 4 days—a slightly longer or shorter time according to the weather.

To Roast.—Tie over breast of each bird a thin slice of fat bacon. Put birds in baking-tin with a piece of butter or good dripping and cook in moderate oven, basting frequently. Remove bacon in time for breast to get nicely brown. Toast lightly one round of bread for each bird, and about 10 minutes before serving put the toasted bread into baking-pan to absorb gravy. Serve birds on the toast. *Time*: about half an hour.

H

HADDOCK.

FRESH, can be fried, baked or boiled.

To Boil and to Fry.—See FISH.

To Bake.—Choose a good-size fish, sprinkle it with salt and stuff it with a farce of breadcrumbs, chopped onion and finely-chopped herbs, seasoned with salt and pepper, and bound together with a bit of butter and a little warm milk. Sew up fish after putting in stuffing. Melt a bit of butter in a casserole and stir in a tablespoonful of flour. Cut a few slits in backbone of stuffed fish. Now put the haddock into casserole and lay over it a slice or two of fat salt pork. Cook in a moderate oven for about an hour, basting frequently.

SMOKED.—Heat a little water in a frying-pan—sufficient water only to create steam. Just before it comes to the boil, put in haddock and cook for 2 or 3 minutes. Now pour over fish half a teacupful of warm milk and simmer for a few minutes longer until fish is cooked. Drain, season with salt and pepper, and serve with a generous portion of butter on top.

HAIR-BRUSHES, CARE OF.

Frequent washing softens bristles, so take all possible care to keep your hair-brushes from getting dirty. Comb out hair from brush each time it is used. Keep brush in a bag, drawer or other handy but covered place, so that it is not unnecessarily exposed to dust. Rub bristles frequently with a clean cloth, of a material which will not deposit fluff.

To Wash.—Remove all traces of hair from brush by passing comb

several times through bristles. If back is of silver, copper or other metal, or bears silver, etc., initials, clean with plate polish before washing.

Prepare a bowl of warm lather, to which add a few drops of ammonia—a small teaspoonful to a quart of water. Wash brush by moving bristles up and down and backwards and forwards in lather, taking care to avoid swamping of woodwork which tends to dislodge bristles, spoil polish of wood and discolour ivory or bone. Rinse first in warm and then in cold water. Shake well, wipe back if at all splashed, and stand on end or hang to dry. Whenever practicable, put brushes to dry in the open air. If they must be dried indoors, let the process be a gradual one; do not put them quite near a hot fire or on a very hot tank; strong heat warps the backs and discolours the bristles.

An occasional application of furniture polish helps to maintain the good appearance of a wooden-backed brush. The brush must be quite dry when it receives this treatment, and should previously have been rubbed clean with a damp cloth.

HAKE.

May be cooked in any of the ways described under FISH.

HALIBUT.

May be cooked in any of the ways described under FISH. Choose your portion of halibut from a small or medium-sized fish rather than from a very large one.

HAM.

To Boil.—Previous to cooking, soak ham in cold water, which should completely cover it. Time of soaking varies with condition of ham: if very dry owing to having been hung long, or if very salt as is sometimes the case with imported hams, soak for 24 hours, changing the water three or four times; best quality British-cured hams only require soaking, as a rule, for 12 hours, and water changed twice.

Wash and trim ham after it has been soaked, put it into a pan that is sufficiently large to accommodate it without any cramping, cover with cold water, bring gently to the boil and skim off any scum; then stand aside to cook *gently* until tender, but do not let water go off the boil.

If ham is not to be cut into until it is cold, leave it to cool in the water in which it has been cooked, for it will then retain more of its juices and be better prepared to eat and keep moist.

When dishing-up to serve, either hot or cold, carefully peel off the skin, sprinkle baked breadcrumbs over surface, and put a frill round knuckle.

Time: about 4 hours for a small ham, say of 10 lbs., reckoning time from moment when water comes to the boil; 5 hours for a medium-sized ham, between 10 to 15 lbs.; about 6 hours for a large ham.

TO KEEP A BOILED HAM FROM GETTING DRY IN THE LARDER: Put a wire meat-cover over the dish—of a size large enough to prevent any part of mesh touching the meat—and lay over it a damp cloth that has been well wrung out after having been dipped in cold water.

To Cure.—There are many methods of transforming a leg of fresh pork into a ham. There is,

certainly, a near relationship between these methods, in that the pork is always cured by salting and smoking, but the flavour of the resulting ham varies with such details as whether sugar and beer are included in the pickle, and whether or not the fuel used is peat. Various counties famous for their hams, such as Yorkshire and Westmorland, have their own distinctive processes of curing; so when you are purchasing a ham, you can choose the particular flavour that specially appeals to your taste.

In curing a ham for yourself, for the first time of trying, it is best to follow the simplest of recipes—for a choice of recipes to the amateur is always bewildering, and consultations with expert friends are apt to lead you deeper into the maze. If you act in accordance with the following instructions, your first home-cured ham should be mild flavoured, very good to eat, and sweet to the last morsel. Then, when you cure a second and subsequent hams, you will be in a position to select, by aid of your own experienced judgment, from other proffered advice for variations of the process by the addition of such ingredients as spices:

Hang leg of pork, weather permitting, for two or three days—weather should always permit if you are careful, as you should be, not to buy pork in hot weather. Make a pickle by boiling together the following ingredients:— $\frac{1}{2}$ oz. saltpetre, $\frac{1}{4}$ lb. coarse salt, $\frac{1}{4}$ lb. demerara sugar, ■ pints of beer, $1\frac{1}{2}$ oz. of mixed black peppercorns and allspice pounded. Put leg of pork in a large pickling pan—an earthenware bread-pan will serve the purpose—and pour over it the boiling pickle. Turn the leg over night and morning

HAM—*Continued.*

in this pickle for three weeks ; when turning, baste well with the pickle so that all parts of the leg get thoroughly treated with the liquid.

At the end of three weeks take the ham out of the pickle, wipe it with a clean cloth, and stand it on end to drain. The ham should then be smoked for four weeks.

In almost every town there is some provision merchant who has accommodation for smoking hams. The charge is very small, somewhere about sixpence or ninepence. In country places you may still come across an old-fashioned bacon dryer who has facilities for turf-smoking your ham. The turf fire is connected with a loft by a wide chimney, up which your ham is hauled in chains to be slung into position for drying. Have your ham smoked by this method if you can.

See also PIGS.

HANDKERCHIEFS.

To Wash.—Put handkerchiefs in luke-warm water, to which a little salt has been added to remove mucus ; rub them lightly with soap, and leave to soak overnight.

Next morning throw away the dirty water, and wash the handkerchiefs well in clean warm water. Leave the soap in them, and transfer them to a small galvanised bath or any bowl of convenient size to stand over the fire. Cover with warm water, bring to the boil and continue boiling for 20 minutes, after which rinse first in hot and then in cold water. Wring out and give a final dip, one at a time, in blue water (see pp. 23, 24). Hang to dry, if possible, in the fresh air. Damp down and roll in a clean cloth. The handkerchiefs may be ironed an hour or so after they have been

rolled, or, if more convenient, they can be sufficiently well damped for ironing to be postponed till next day.

Handkerchiefs can be boiled in a copper, but as it is not usual to light the copper fire in houses where the bulk of the washing goes to a laundry, and as many houses are not equipped with a copper, the use of a small bath or bowl has been recommended herein as being practical in any home. Take care that the receptacle used is internally in perfect condition, for any chip or flaw exposing tin or iron is liable to leave rust marks on handkerchiefs.

HARES.

In season from September to March. Hares are usually sold in their skin, but it is customary for poulterers to skin and draw them for cooking previous to delivering them to customers. If requested to do so, poulterers will also joint a hare, preparing the hindquarters for roasting and the forequarters for jugging.

To be in prime condition, a hare should have been hung for about a week after it has been killed.

To Jug.—*Preliminary Treatment*—Hare must be jointed. For a large family it may be necessary to use the whole animal for this one dish, but for a small family the forequarters will be found sufficient—shoulders, ribs, head and neck. Steep for two or three days before jugging, in a mixture consisting of a little vinegar, oil, sprig of thyme and parsley, bay leaf or two and onion ; lay the pieces of hare in a dish containing this mixture, and baste well night and morning.

Cooking—Melt a piece of butter in casserole, and in it lightly fry the pieces of hare, together with a little bit of pickled pork cut in strips.

Remove hare and pork from casserole. Now stir in with the butter in the casserole a little flour—about two tablespoonfuls—and when the two have amalgamated into a nicely-coloured brown mixture, add $\frac{1}{2}$ pint of water and 1 pint of red wine. Put back into the casserole pieces of hare and strips of pork, add salt, pepper, spice, a bay leaf or two, sprigs of parsley and thyme, and some small onions. Cook slowly, keeping lid on casserole all the time. Just previous to dishing up, stir a little red-currant jelly into the gravy. *Time*: at least 3 hours.

To Roast.—Take a whole young hare, or a half consisting of hind-quarters and back, according to size of your family. Steep as for jugged hare. Cover back with slices of fat bacon, and bake in a moderate oven, basting frequently; it will be necessary to put a bit of butter or dripping in baking-tin at intervals to provide fat for basting. *Time*: about $1\frac{1}{2}$ hour for a whole hare, $\frac{3}{4}$ hour for half a hare.

If Forcemeat is liked, make a farce with following ingredients:—bread-crumbs, finely-chopped suet, a little grated lemon rind, chopped parsley and thyme, salt and pepper. Thoroughly incorporate dry ingredients and bind with egg and milk. Pack this farce loosely into body of hare, which should then be sewn up to prevent escape of stuffing.

HEATING,

see ELECTRIC ACCESSORIES;
FUEL; HEATING, CENTRAL;
and STOVES.

HEATING, CENTRAL.

From a health standpoint, a hot-water system of installation is preferable to a hot-air system, the dry heat furnished by the latter tending

to create a stuffy atmosphere that is conducive to throat trouble. The fundamental objection to the hot-air method can be overcome by perfect ventilation, but the provision thereof involves new problems, varying with the situation and construction of a house, and the solution of these problems means additional expense.

For the installation of a hot-water system of heating, accommodation must be provided for a boiler. As the erection of a special boiler house would, in many cases, make the cost of installation prohibitive, a boiler in the average private residence is usually fixed in the kitchen or scullery, and this can be done no matter whether such accommodation is located in a basement or on the ground floor.

Cost.—The question of cost is of outstanding importance. Conditions being now abnormal, and prices liable to fluctuate for better or for worse at any moment, pre-war prices are the only standard we can take for estimates. On this basis the estimate was £5 per radiator of medium-size and £5 for boiler; making total cost of installation for an eight-roomed house (exclusive of kitchen and scullery), say £50 for one radiator in each room.

Multiply these figures by 3, if you do not want to get a nasty shock when applying for present-day estimates. Also, bear in mind that one radiator of the pre-war £5 size would not be sufficient for a large room.

Adaptability to Existing Houses.—Of equal general interest with question of cost is the question as to whether central heating can be installed in an existing house without structure being damaged or beauty of rooms marred by

HEATING, CENTRAL—*Continued.* unsightly pipes. Central heating can be installed in any house without damage to property or desecration of art, provided the work is entrusted to an expert who has made a special study of combining good appearance with utility. You may have to pay a little extra for having the necessary apertures for pipes cut through a part of the floor space that is not generally exposed to view, and for having pipes securely shielded with a wooden casing that harmonises with the general decoration of the room, but such money is well spent.

Ventilation. — Have radiators placed under windows so that cold air coming in may be heated; by this arrangement, good ventilation is combined with the heating system. Each radiator should be under control in such a way that heat can be regulated when turned on, or can be completely isolated from any particular room, as circumstances may render desirable.

Fuel. — Coke, or coke and anthracite.

Advantages of Central Heating.—*Maximum of comfort for a minimum expenditure of fuel.* Even if you do not actually save money on your fuel bill, you will get additional comfort without increasing your expenditure. For instance, in a house of, say, eight rooms, where you have not been accustomed to keep more than two fires going at one time, there might not be any actual saving in cost of fuel if a Central Hot Water Warming System were installed, and the bedrooms, bath-room, etc., kept constantly warm in addition to the sitting-rooms. In such a case the fuel consumption might be about the same, but, of course, instead of two rooms only

being warmed in the vicinity of the open fire, six or more would be thoroughly warmed all over. On the other hand, with a house of twenty rooms in which it has been customary to keep half-a-dozen fires regularly going, there would no doubt be an actual saving in fuel for Central Heating.

Biggest boon of all labour-saving inventions.

Comfort throughout the winter in all rooms by day and night.

CENTRAL HEATING AND ELECTRICITY.—One of the latest labour-saving innovations is designed to bring about an alliance between Central Heating and Electricity in the combined interests of economy and comfort. The central furnace supplies the heat for warming rooms to an agreeable temperature, according to climatic conditions, and heating water to a temperature of 150° to 160° F. for baths, lavatory basins, etc. To electricity and electric accessories is apportioned the work of providing a cheery-looking open fire, looking exactly like a coal fire at its best, which can be regulated at will, and of raising the centrally-heated water to boiling point for cooking purposes.

COMBINED HEATING AND HOT-WATER SUPPLY.—There are various systems for combined heat and hot-water supply. Several makes of boilers supply hot water for baths and domestic purposes, as well as for radiators. Orders for installation for combined service of this kind should only be entrusted to an expert who has made a special study of the matter. The nature of the water in different localities sets different problems in connection with arranging for a combined service that shall be safe, durable

and efficient—for instance, in case of hard water, special precautions must be taken against silting up of pipes.

ALTERNATIVE SYSTEMS FOR DISTRIBUTIVE HEATING.— Ingenious brains are busy with the problem of making one fire do duty for several rooms. Among the latest inventions that have been brought to the interesting stage of practical demonstration, is one fire that heats the kitchen range, burns in open grates in three adjoining rooms, heats water and diffuses warmth throughout the house by means of radiators; and the air is thick with other fascinating inventions, such as revolving grates, which have only reached the stage of plans on paper. Unfortunately, however, most of these ideal contrivances need specially designed houses to be specially built for their adoption.

For existing houses, the cheapest and most efficient alternative to Central Heating is an anthracite stove, placed in the hall so that heat may rise and be generally distributed through landings and corridors—leave bedroom doors open to encourage a wider circulation of the heated air. Some people recommend an anthracite stove in the hall in preference to a Central Heating Installation for small houses. If planning of house permits, have stove flue carried right up the house and out through the roof, and the flue will then warm the whole house; care must be taken that this flue does not touch any woodwork.

Specially designed anthracite stoves can be obtained for heating two rooms that adjoin each other. These stoves are fitted with a boiler at the back of the fire chamber, and the room adjacent to the one in which the stove is placed is heated

by hot water circulating through radiating pipes or a hot-water radiator.

HERBS.

“Herb” is the family name for various plants which are used either medicinally, or for the purpose of imparting flavour or aroma to food and beverages.

The herbs that should play a prominent part in culinary art are: basil, chervil, chives, fennel, marjoram, mint, parsley, sage, savory, tarragon and thyme.

Several of these herbs, too, and others such as camomile, can be used in the preparation of simple, home-made beverages that have a medicinal value.

Further, there are certain herbs such as balm, borage and verbena which are indispensable ingredients of that festive class of beverages known as Cups.

See under *Individual Names of Herbs* for uses and other details; also **BOUQUET**; **CUPS**; and **TISANES**.

HERRINGS, FRESH.

If herrings were not so plentiful, and consequently cheap, they would rank as royalties of the fish kingdom.

They are a great delicacy, and have the added virtue of providing a maximum amount of nourishment at a negligible price. A herring under any of its other names, such as bloater, Yarmouth bloater or kipper, tastes just as sweet.

Fresh herrings are usually baked, fried or grilled—for details of these methods see **FISH**. They are particularly good fried in oil or butter, with a dash of vinegar and a seasoning of salt and pepper; serve them with fried onions and garnish with lemon.

HOLIDAYS,

see PACKING.

HORS D'ŒUVRE.

Hors d'œuvre are dainty morsels which come as a prelude to a lunch or dinner. They should be served in little dishes at the very outset of the meal. These little dishes may be :

Arranged ornamentally on the table, in which case it is customary for the guests, upon sitting down, to help themselves.

Arranged on silver salvers, which should be passed round by the servants.

Set out on sideboard, in which case the guests help themselves before sitting down to table.

The number of foodstuffs which can be suitably prepared as hors d'œuvre is legion, and the possibilities of variety are infinite. Popular favourites are : olives ; celeriac, uncooked, cut in strips and sprinkled with a dressing of oil and vinegar ; anchovies ; sardines ; tunny ; smoked cod's roe cut in slices ; caviare ; shrimps ; fillets of herring ; smoked salmon ; potato salad ; macédoine of vegetables with mayonnaise sauce ; pickled gherkins ; various kinds of sausage, such as the Lyon specialty, cut in thin slices.

Hors d'œuvre have a peculiar power of suggesting good cheer. At the mere sight of them even the most morose of guests usually brightens up, and they not only tickle palates but loosen tongues.

All hors d'œuvre should be removed before the soup is served, with the exception of olives, which should be left on the table until the arrival of the sweets.

Cantaloup melon and Grape-fruit make a chic substitute for hors

d'œuvre, and are particularly pleasing on a hot day. Neither should be passed round ; a prepared portion should be in position for each guest when he sits down to table.

Cut melon in slices, and scoop out seeds and pith ; some people prefer a seasoning of salt and pepper, others of sugar and cinnamon, so hand round these accessories on a silver salver.

Cut Grape-fruit in halves horizontally, and remove pith with a sharp knife ; fill up cavity with castor sugar and a little maraschino, and garnish each portion with a glacé cherry.

HOT-WATER BOTTLES.

Necessary in every house in case of sickness. Indispensable to the comfort of chilly mortals on a cold winter's night. They are made in a variety of materials, such as pottery, copper and rubber. The rubber patterns are particularly serviceable in the sick-room and most convenient for travelling ; they are very durable if you carefully follow the instructions that accompany every specimen sold.

HOT-WATER SUPPLY.

The sudden promotion of hot water to the rank of a household necessity has made the problem of how to secure its services a vital question of social reform.

Choice of Appliances. — *Kitchen Range*— If, as has been customary, the kitchen range is called upon to be the sole medium for cooking and provision of hot water, there is apt to be a frequent and irritating sacrifice of one to the other.

Gas Fixtures. — Amongst the greatest boons of modern invention, there are several types of appliances

which enable gas to be used both for supplementing the kitchen range in heating water, or for providing the entire supply of hot water necessary in any household. The principal types of such appliances are: (1) Gas-heated storage boilers; an ever-ready supply of hot water is available in the one particular place where boiler is fitted, as for instance over bath, lavatory basin, sink, etc. (2) Geysers; similar to storage boilers in that they have only a one-position service, but different in that water is only heated at intervals as required. (3) Instantaneous multipoint heaters; provide an ever-ready and continuous supply of hot water to every tap in the house. (4) Circulating boilers; work in collaboration with a hot-water tank on the system of the old-fashioned coal-range boiler.

See also **ELECTRIC ACCESSORIES**; **GEYSERS**; **HEATING, CENTRAL**; and **STOVES**.

HOUSE, CHOICE OF.

At the moment we are limiting our attention to houses as we find them, not as we should like to find them, or as we would design them to be built to our order.

A house may have any number of qualifications which entitle it to rank as a desirable residence, but at the same time it may have one drawback that puts it outside the pale.

Do not, therefore, start your search on the orthodox lines of enquiring whether such or such an available abode has this or that feature to recommend it, but find out first whether there is anything against it that bids you strike it off the list.

DRAWBACKS.

A rental which does not allow any margin of income

for hobbies, recreations and holidays.—Few people are stupid enough, or unscrupulous enough, to take a house at double the rental they can afford. But many of the wisest and nicest folk succumb to some charm in a house that is rented at a few pounds higher than the figure they had in mind as the limit to which they should go.

Occasionally, the extra expense is an economy, being an easy form of payment for labour-saving conveniences. More often it is a little extravagance, insignificant in itself, but with an infinite capacity for multiplying contingent expenses into a perpetual worry. An ideal place to live in may easily become an incubus if you lack the leisure, ease of mind, and bank balance with which to make life worth living.

A house that suits your purse as regards rent, but is too big for your requirements.—Old-fashioned, inconvenient residences are often offered at an attractively small rental. They are apt to be ruinously expensive to heat, light and keep clean. It is better to have a well-planned house that is a trifle on the small side than a barn of a mansion which is always a millstone round your neck.

Inferior accommodation for servants.—The servant problem has undoubtedly been aggravated in the past by the lack of consideration shown for the health and comfort of the domestic classes. It is folly to expect bright, willing and efficient service from people who have to spend their days in a dreary kitchen and their nights in a damp basement or a stuffy attic.

There is no golden rule that makes for freedom from servant worries, but humane housing conditions certainly play a leading part

HOUSE—*Continued.*

in helping a mistress to secure and retain good servants.

Avoid a house, therefore, with :

- (a) A gloomy kitchen, unless the depressing effect can be counteracted by a bright servants' hall or sitting-room.
- (b) Makeshift bedrooms for servants' sleeping quarters.

Extravagant or mean staircases and corridors.—With the object of creating an imposing appearance, staircases and corridors are sometimes so designed that they take up the best part of a house, and, by their excessive demands on space, cramp the dimensions of reception-rooms and bedrooms. On the other hand, some staircases and landings are so meanly constructed and so badly lighted as to be a danger to life and limb. It is essential that the disposition and dimensions of staircases, halls, passages, landings and corridors should make for both convenience and safety.

A rambling basement.—A basement is not necessarily a drawback to a house, although in nine cases out of ten it is made so by dark corners, useless twists and turns, breakneck passages, and endless little cubbyholes.

Have nothing to do with a house that requires an extra servant to wait on the basement.

Unhealthy or inconveniently placed lavatories.—Do not hesitate to veto a house with :

- (a) Any lavatory adjoining pantry or larder.
- (b) Any lavatory that is defectively ventilated, as, for instance, by a mere grating overlooking a narrowly walled-in yard, or by a

window opening on to interior of house. A lavatory window should be of generous proportions, and should communicate directly with the open air.

- (c) One lavatory only, situated in, or only accessible through, bathroom.

Any form of construction that excludes light and makes for dreariness.—Thus, it often happens that a verandah or loggia, which is in itself an attractive feature, is so situated that it excludes light from a principal sitting-room. In a country where an outdoor living apartment can only be enjoyed for a comparatively short period of the year, a gloomy living-room for the rest of the year is too high a price to pay for a fleeting charm.

A house that needs servants to wait on it.—It frequently happens that the number of servants attached to an establishment does not indicate, as is commonly supposed, excessive demands on the part of the family for service. When ten or a dozen servants are kept where there are two people in family, it is highly probable that the staff is required more for the purpose of waiting on the house than for attendance on the occupants and their guests.

With some idea of what to look for in the way of intolerable defects, let us proceed to see what a house should be able to offer in the way of qualifications to meet special requirements.

QUALIFICATIONS.

Locality.—Choice of locality is usually governed by business, pleasure, health or social considerations in conjunction with the length of your purse-strings.

BUSINESS CLAIMS.—If it is of primary importance that certain members of the family should be at a given place at a given time daily, it is advisable to choose a locality that is rendered central for all concerned by transport facilities—for instance, a centre that is within walking distance, or within easy reach by bus, train or tram, of father's place of business and the children's schools. At the same time it must not be forgotten that the domestic head of the household has to attend to the very necessary daily business of catering, hence accessibility of shops is a matter of no small moment. Naturally the possession of a motor car relegates distances to a secondary position of importance.

PLEASURE, PURSUIT OF.—If circumstances find you in the happy position of being able to make your favourite hobby the main influence in choice of locality, you will select a neighbourhood that affords favourable opportunities for following your particular bent—somewhere in the country if a garden is your great joy in life, somewhere near good links if you are a devotee of golf, in or near London if your main interest is in theatres, picture galleries or concerts.

HEALTH, CONSIDERATIONS OF.—Health must always be studied, but particularly so when any member of the family suffers from some constitutional weakness, such as rheumatism, asthma or lung trouble. Thus, proximity to a river makes for climatic conditions that aggravate rheumatism, whilst elevated pine-lands, such as characterise the county of Surrey, are a veritable health resort for people with weak lungs.

SOCIAL INTERCOURSE.—Few people can allow the claims of

friendship to outweigh all other considerations in the choice of a residential quarter. Nevertheless, those who have a keen appreciation of social intercourse should beware of cutting themselves off from all possibilities of seeing their friends. Indeed, it is well for a husband to remember that, quite possibly, his own best chance of happiness at home may depend on his willingness to make some little sacrifice, such as putting up with a slightly longer railway journey, in order that his wife may be near her friends; the relaxation which she can thus enjoy will help her to throw off household cares and stimulate her to welcome her husband home with a cheery smile. For a man, too, the chance of playing a game of billiards at a neighbouring friend's house, or of having friends drop in at home for a hand at cards, is an attraction that should more than make up to him for any trifling concession.

COST OF LIVING.—Certain neighbourhoods have very distinctive characteristics; some are cheap smart, some expensively select, some cheap and dowdy, some dear and dull. Enquire into the character of any locality you propose settling in as carefully as you would take up the character of a prospective servant.

For business reasons, it may be necessary to have a good address at any cost. But do not let mere social ambition tempt you to choose an ultra-expensive neighbourhood. On the other hand, avoid surroundings so far beneath your standard of life as to be depressing.

The locality having been selected, the next question to decide is the exact position it is desirable for the house to occupy.

HOUSE—*Continued.*

Situation. — *Attractive conditions are :*

SITE—Elevated ground, open to sun and air, protected from biting winds and free from immediate surroundings that make for dampness.

SOIL—Gravel.

ASPECT—Facing south or south-west.

Conditions to avoid :

SITE—Low-lying.

SOIL—“Made-up” ground, which is akin to having a dustbin for foundations of house, seeing that the term covers a multitude of insanitary sins in the way of ground reclaimed for building purposes by filling up hollows or raising levels with rubbish and refuse.

ASPECT—North, north-east or east.

TOWN SELECTION.—The question of site, inclusive of soil and aspect, is of less importance for a town house than for a country house. In a town, where space is often very limited, it would be folly to condemn a house simply because it does not face south or stand on gravel soil. Preference should be given to a wide thoroughfare with, if possible, breathing space between neighbouring houses or blocks, and sufficiently remote from the next street to prevent back-to-back houses depriving each other of air.

It is advantageous to be near an open space, such as a park, and care should be taken to give a wide berth to unsavoury smells and trying noises, such as emanate from a fried fish shop or the practice room of a brass band.

COUNTRY SELECTION.—For a country residence, site, aspect and

soil are of supreme importance. The possibilities of both house and garden contributing their full share towards making life healthy and happy depend largely on :

(a) A sunny position.

(b) Attractive environment according to personal taste and requirements.

(c) Soil well drained, with the dual object of helping to keep house dry and make garden productive.

For garden lovers, the possibilities of the soil, together with the decorative effects that have been or could be achieved in the laying out of the grounds, have the casting vote in the choice of a country residence.

Design and Construction.—It is always with a twinge of anxiety that we come upon the first view of a house which we propose buying or renting. Will it suit our requirements?—Can we picture it as our home?

We cast a sweeping glance over the exterior—say that we find the outside view pleases us, that the style takes our fancy, that the windows are healthily large and picturesquely designed—as our hopes are raised, so our anxiety increases—will the interior of the house come up to the expectations that have been raised by the exterior?

There are many details to be carefully examined before we can decide whether we have hit on the right place :

Bedrooms and Dressing-rooms should be sufficient in number and adequate in size.

Sitting-rooms.—Requisite number and desirable dimensions depend more on tastes and occupations than on size of family. It may be advantageous or essential to reserve, or partially reserve, rooms for use

as study, workshop or smoking-den ; but it is quite *démodé* to set aside a room for use only on At Home days, Sundays and state occasions.

Modern Bathroom accommodation is essential. Minimum requirements for bathroom are fitted enamel bath, with good hot-water supply ; strong quick-flowing taps and fast emptying waste-pipe. Taps should be turned on to test flow and discharge.

Lavatories.—It is very important that rooms and accessories should be of the simple design and good materials that easily lend themselves to being kept scrupulously clean.

Nurseries.—If nurseries are required, the specially bright and airy rooms of the house must be numerous enough to allow of one or more to be allocated to baby's use.

Kitchen apartments should be so situated as to simplify service of meals and attendance on bells, but, at the same time, they should be sufficiently disconnected from the rest of the house to deaden sound and isolate smell of cooking.

Cupboard and Storeroom accommodation is usually conspicuous by its absence. Life would be one long house-hunt if the existence of these essential adjuncts were made the *sine quâ non* of a "suitable residence." Until the ideal of model houses for all classes, as well as for the working classes, becomes a reality, people who have to choose from the houses they can get should be on the alert to see how best to remedy the shortage of cupboards. The alternative remedies are :

- (a) Cupboards built to your order in recesses, on landings, or in one room set apart for them.
- (b) Roomy wardrobes with shelves as well as hanging facilities.

The existence of a capacious linen cupboard in close proximity to hot-water cistern is a decided recommendation for a house, particularly as it is of no uncommon occurrence in this country for the washing to be sent home in a damp condition only one degree removed from being wet.

Larder should be on cool side of house and well ventilated. Marble or tiled shelves, which help to keep provisions fresh and in good condition, are so advantageous as to be practically a necessity.

Coal Cellar should be large enough to carry a winter stock of fuel, so that coal can be bought in advance at summer prices. If not situated outdoors, it should have an exterior outlet, such as a trap-door, that obviates the necessity of coal being carried into the house for delivery.

Walls should be dry and sound-proof. Damp walls do not necessarily mean a house is badly built, although it is wise to assume the worst until indisputable proof is found to the contrary. Patches of damp on walls are sometimes the result of defects that can be easily remedied, such as a burst pipe or a clogged gutter.

Outhouses and Outbuildings.—It is essential to see that a prospective residence can offer the requisite accommodation for outdoor servants, horses, motors, bicycles, tools, fruit, etc. Outhouses should be damp-proof and fitted with secure locks ; any that are frequently used after dark should be suitably equipped with lighting facilities.

Water Supply, Lighting and Heating.—Among the conveniences that have become common features of a house that has any

HOUSE—*Continued.*

pretensions to be a comfortable residence are:

A constant supply of pure water laid on direct from a public company's main.

Lighting facilities, either by means of gas or electricity from a public source of supply.

To such an extent have these conveniences now been recognised as necessities of everyday life that the absence of them, or of the possibilities of installing them, is a sound reason for deciding against any house that is to be used as a permanent residence.

On the other hand, heating arrangements are far behind the times. Special care must, therefore, be taken to see that the kitchen range is not hopelessly old-fashioned in cooking possibilities or greed for fuel, and that it is adapted for maintaining a good supply of hot water. Grates should also have been modernised, or be capable of economic adaptation, either by substitution of new patterns for old or by fitting of gas fires or anthracite stoves.

Structural Alterations, Possibilities of.—It often happens that a house which is very suitable and attractive in many important respects is lacking in certain essential or desirable conveniences. Such defects can sometimes be remedied by structural alterations which, in the circumstances of purchase or a long term of tenancy, are well worth the outlay they involve.

For instance, take the windows of a house in their important rôle of introducing natural light and fresh air. If these are not adequately suited for their purpose do not despair, for it is often possible to transform a gloomy house into a

delightful habitation merely by some comparatively slight improvement, such as enlarging, throwing out, or multiplying windows.

Any reasonable outlay that increases the supply and duration of daylight is fully repaid by gain to health, intensified power of enjoyment, and saving on artificial light bill.

Similarly, artificial lighting and heating arrangements may be brought up to date and labour-saving devices introduced.

In case of a hired house, the landlord's permission must always be obtained for any structural alteration. When a house is taken on a long lease, a progressive landlord will often defray the cost of such alterations, merely raising the rent by a figure that will cover the interest on capital thus invested.

Drainage.—Supposing a house suits your taste and requirements, or can be altered to please you, or you are driven by the housing problem to feel ready to make the best of it—under any circumstances that incline you to take a house, *let your final decision depend on an expert's report on the drains.*

See also HEATING, CENTRAL; IDEAL HOUSE; LIGHTING; and STOVES.

HOUSE, EQUIPMENT OF.

It often happens that people with a keen power of appreciating some particular form of art lack the ability to make active use of that art as a medium of expression.

To use any medium of expression we need a certain amount of technical skill. For instance, we cannot do justice to our thoughts and feelings through the medium even of our mother tongue, to say nothing of a foreign language, unless we are

acquainted with the grammar of the language in question; nor can we translate our ideas and emotions into, say, music or painting without some knowledge of the technique of the art we would fain enlist into our service. What the heart perceives, the brain cannot always conceive.

Similarly with the art of furnishing and decorating a house. Within the walls of someone else's house a man or woman may respond heart and soul to the selection of furniture as arranged amidst a decorative setting of draperies and mural tones. Under such circumstances it is of no uncommon occurrence for people to realise that the possessions with which they are surrounded in their own home are a libel on their character, and equally to realise that they would not know how or where to begin making changes for the better.

In the not far distant past, all manner of folk were obliged to shoulder the responsibility of furnishing and decorating their own homes, regardless of whether they had any natural aptitude or training for the work. Fortunately, that haphazard method is now falling into disfavour, and wide popularity is rapidly being won by the modern idea that somebody more qualified than "just anybody with a bit of common sense" is needed to superintend the choice and arrangement of things, which, though inanimate in themselves, play a vital part in creating an enjoyable home atmosphere.

Partly as a cause, partly as an effect of this change of attitude, there has come into existence a new profession, that of Consulting House Furnishers and Decorators. Among the exponents of this profes-

sion there are several able experts, together with a few specialists of outstanding fame who have won distinction by an intuitive judgment akin to genius, combined with an exhaustive study of every branch of their art.

In addition to acting in an advisory capacity, some members of the profession fill the rôle of shopping guides, others extend the range of their services by dealing, publicly or semi-privately, in antiques and choice materials, whilst some are connected with world-renowned business establishments that carry large and varied stocks of household necessities and luxuries.

Many circumstances, besides the worry of feeling hopelessly at sea, may argue in favour of consulting an expert furnisher and decorator—lack of time, for instance. If, for any reason, you are attracted by the possibilities of obtaining experienced help, do not be dissuaded from the idea by imagining there is anything to be ashamed of in seeking such advice. There is no need to make any secret of consulting a specialist; on the contrary, this method of setting up house has become so popular, and fashion has voted it so sensible and smart, that there is now as much distinction in having your house fitted up by certain well-known firms or individuals as in having your portrait painted by a fashionable artist.

Have no fear that by putting yourself into the hands of an expert you will be bound to furnish your house in accordance with his particular taste; far from trying to dominate your demands like a cheap salesman, the expert will seek to bring into play all that is good in your own taste and will thus help you to achieve sympathetic results

HOUSE—*Continued.*

which, by yourself, you would have groped for in vain.

In making choice of professional assistance you must, of course, be guided to some considerable extent by the length of your purse-strings. But many firms of good standing give expert advice, free of charge, as a matter of business policy.

Let us suppose, now, that thanks to instinct and the educational influences of environment, you feel capable of taking full responsibility for furnishing and decorating your new house, and that you have the necessary time to devote to the work.

Having decided on the total sum you are justified in spending, you start in the happy position of knowing whether you prefer to be surrounded by old things or new.

If your taste is for antiques, the probabilities are you have so far studied the various periods of historical evolution as to have a good general idea of the style that pleases you best. The question is, where to get what you want at the price you are prepared to pay!

Arm yourself with patience and a steadfast determination not to be tempted into buying anything, however cheap and fascinating, that will not harmonise in style, colour and material with the scheme you are setting out to realise. Thus equipped, you should visit antique shops, haunt sale-rooms, make voyages of discovery down back streets in the hope of finding a second-hand store that may be the hiding-place of some coveted treasure, and frequent celebrated jumble-sale centres such as the London Caledonian Market.

Often it takes years so to furnish a house with antiques that not only

is each object a pleasing example of handicraft, but the whole collection combines to form a work of art which has the magic spell of home.

All antiques, particularly fabrics, should be disinfected before being admitted into your house, unless you obtain with them a trustworthy guarantee that the necessary precautions have been taken.

It is advisable to purchase new :

Beds and bedding.

China and glass for everyday use.

Cooking utensils.

If you prefer furniture and decorations of modern make and design, you are likely to lose much valuable time, without any saving of expense or other compensating gain, by dodging about from one shop to another. Go to a good firm who specialise in household "goods" and have spacious showrooms devoted to their display. Some time before you will be needing to make purchases, write to two or three such firms for illustrated catalogues, which will help you to decide where to shop and what to buy.

In whatever style you furnish, avoid shams, such as wall-paper which pretends to be wood-panelling, and make-believe antiques. The discovery of fraud in any detail of furniture or decoration gives an unpleasant feeling of insincerity and renders neighbouring goods, genuine as they may be, liable to suspicion. There is a difference, however, between pretentious fakes and frank copies of original handicraft. It is artistically lawful and even expedient to take as models designs which have been handed down from the best periods of domestic art, such as Chippendale, Sheraton, Heppelwhite, Louis XIV., Louis XV., Louis XVI., and Empire.

According to conventional ideas, a dining-room is fitted up merely as a room in which to eat, and it is only possible to feel at home there when you are eating; a bedroom merely as a sleeping apartment, without any inviting accommodation for reposeful occupations, such as reading.

There is a modern tendency to abolish this method of furnishing, whereby each room of a house is labelled for a separate purpose and cannot conveniently and comfortably be put to any other use. Thus, in the new style of dining-room, the sideboard is abolished in favour of a settee, chest or bureau with adjustable flap, any of which will bear the burden of plates and dishes. The orthodox oblong table is replaced by one or more of gate-legged design. In intervals between meals, cruets, biscuit-boxes, and suchlike accessories that are commonly in evidence as sideboard ornaments are accommodated in the pantry. Again, in the new style of bedroom the furniture does not include the ubiquitous suite; in its stead we find a harmonious collection of things chosen piecemeal, each adapted to play a useful part and all indicative of some distinct form of individual taste that knows how to secure comfort and convenience without sacrifice of one to the other in any detail.

The new method is well worth your consideration, the possible compensations in beauty and in additional space available at all times offering an attractive return for the sacrifice of conventions.

Appearances are particularly deceptive as regards the size of furniture when seen in sale-rooms or showrooms. The spaciousness and loftiness of these depots create

optical delusions whereby goods are very considerably dwarfed. Take particular care to obtain accurate measurements of a prospective purchase—length, width, increased width when drawers are opened, and height. With equal care, measure up the special space at home where you propose putting the article you have your eye on. Remember that bricks and plaster will not expand or wood contract the merest fraction of an inch; so if the two sets of measurements are not mathematically accommodating, you must give up all idea of the prospective purchase, or be prepared, when you get it home, to find you have bought a white elephant.

Beds and Bedding.—Amongst necessary articles of household furniture, the bed is undoubtedly the most important. To sleep well is to be well, and it is impossible to enjoy refreshing slumber unless you have a comfortable bed replete with good bedding.

The dimensions of a bedstead and the material of which it is made are matters of personal taste.

Some people do not consider it essential nowadays to have a bedstead in the strict sense of the word. Just as the old-fashioned four-poster gave place, for hygienic reasons, to the modern framework in brass or wood, so the latter is now being ousted by the yet simpler device of an unmounted box spring raised on short legs or on a low platform. This new fashion is favoured by the pioneers of the movement for abolishing the style of furnishing whereby rooms are reserved for one special purpose; the over-mattress, with a suitable covering, assumes by day the appearance of a divan.

HOUSE—*Continued.*

A complete "litterie" for bed in any style consists of:

- (1) Over-Mattress, preferably stuffed with good quality wool or hair.
- (2) Mattress Protector, needed only for use with wire-spring, to prevent tearing and rust marks.
- (3) Loose Covers, in washing material, to keep over-mattress clean
- (4) Bolster and Pillows. For comfort the choice is generally made between feather or down stuffing, but hair stuffing is preferred by some people because it is cooler, and is specially recommended on this account for children.
- (5) Under Blanket to go between mattress and under sheet for purposes both of cleanliness and comfort. Mattress tufts are apt to make their presence unpleasantly prominent if merely covered with a sheet.
- (6) Top Blankets, warm and light.
- (7) Bedspread.
- (8) Eider Down.
- (9) Sheets and Pillow Slips.

Take care that all stuffing in mattresses, etc., is guaranteed as thoroughly purified.

Avoid cheap bedding, particularly mattresses, which soon get lumpy and do not pay for being remade.

Blankets and sheets should be sufficiently large to allow a good margin for tucking in.

Bookcases and Bookshelves.—Only people who are

entirely lacking in literary taste and education buy bookcases for the sake of filling them with expensively bound volumes and series of poetry and prose classics which it is considered the right thing to possess.

The extent of your purchases in the way of bookcases and bookshelves should depend partly on the extent of your present collection of books to be housed, and partly on the fervour of your enthusiasm for adding to that collection.

Avoid filling spare shelves with bric-a-brac; bare spaces convey the pleasing idea that they are waiting for honoured guests or familiar friends, but a copper salver reposing at the feet of Swinburne or a vase standing on Hardy's head, gives one to shudder.

Bookcases and bookshelves should be simple in design and unobtrusive in appearance.

Cases with glass fronts have the virtue of shielding contents from dust, thus saving work and protecting delicate bindings. But books standing on open shelves are more intimate companions, particularly so when they are within easy reach.

Portable or fixed bookshelves which run along the walls of a room dado-fashion make a very attractive and practical setting for books.

Sectional bookcases are particularly convenient when length of wall space is limited.

You should provide some accommodation in every room, including bedrooms, for such good friends as books.

Bureaux, Chests of Drawers, etc.—A drawer that cannot be opened and shut easily is a constant source of annoyance that is responsible for a variety of curses.

All articles of furniture that boast a drawer should be made of wood that is guaranteed as well seasoned. Make doubly sure of the guarantee by testing every drawer for yourself.

Carpets.—See *Floor Coverings*, p. 141.

Chairs are usually classified as easy and otherwise . . . avoid the otherwise. All chairs should be easy in the sense of being comfortable. Do not purchase any chairs without first examining them to see they are well made as regards strength, and actually sitting in judgment on them.

As a rule sitting-rooms are overstocked and bedrooms understocked with chairs; bear in mind this hint, and also remember how often you yourself have felt the need of a lounge chair in your bedroom, even when you were not on the sick list.

Tuffets, floor cushions and stools are now made in numerous varieties; they offer a pleasing contrast to chairs, and relieve demands on space. Not long ago it would have been thought highly improper to sit on anything but a sofa or a four-legged chair; but many people have now learnt to realise that the Eastern fashion of sitting near the ground has the virtue of being particularly restful.

China, Earthenware and Stone-ware.

NOTE—*According to taste and pocket, strike out such items as you will from the following list, and retain them in your Glass or Silver and Plate List.*

Purchase at a good shop that makes a specialty of the trade, or from the China department of reliable Stores. A minimum outfit must include—

Breakfast Service.	Kitchen Crock. (cont.):
Dinner „	Cups, Plates and
Tea „	Teapot, for
Coffee „	servants' use.
Bedroom Crockery.	Jugs.
Kitchen Crockery:	Moulds, for blanc-
Basins.	manges, creams
Bread-pan.	and sponges.
Cruet.	Pie Dishes.

Besides these bare necessities, some or all of the following are usually acquired—

Ash Trays.	Knife Rests for
Asparagus Dish.	carving knife and
Butter Dish.	fork.
Cake Dishes.	Muffin Dishes.
Candlesticks.	Mustard Pot.
Cheese Stand.	„ Spoon
Cruet.	Salad Bowl.
Dessert Service.	„ Plates.
Dishes for Fruit	Salt Cellars.
and Sweets.	Sauce Boats.
Egg Cups.	„ Ladles.
Flower Vases.	Soup Ladle,
Hot Water Plates.	Sugar Basin.
Jam Dishes.	Teapots for bed-
Jars, for storing	room use.
groceries.	Toast Rack.

Care should be taken to choose patterns that can be washed clean with a minimum of labour, and easily replaced if broken. Some of the best firms make a feature of Nursery China, designed to amuse and educate children of various ages.

Fireproof China, for culinary use, affords numerous opportunities for cooking tasty and tempting dishes that economise time and fuel, and inspire dainty transformation of odds-and-ends left over from previous meals.

You will do well to make a wide selection from the following—

Casseroles.	soufflés, char-
Cocottes.	lottes, etc.
Gratin Dishes,	Ramikin Cases.
oval and round.	Roasting Dishes,
Hot-Pot.	oblong and oval.
Marmites, large	Saucepans, lipped
and small.	and plain.
Moulds, for sweet	Scallop Shells.
and savoury	Stew Pot.

HOUSE—*Continued.***Cleaning Utensils and Accessories.**—Outfit should include—

Blacklead or Grate Polish.	Dust Pan.
Boot Polish.	Dust Sheets.
Bowls, Wash-up.	Furniture Polish.
Brooms (to include a Deck Scrub with long handle, to save going on hands and knees for scrubbing plain board floors).	Hearthstone.
Brushes :	House Flannel.
Bath Cleaning.	Housemaid's Gloves.
Boot.	Knife Board or Machine (unnecessary when house is equipped with stainless cutlery).
Carpet.	Knife Powder.
Flue.	Metal Polish.
Furniture.	Pails (Enamel for slops, Galvanised for scrubbing).
Hearth.	Plate Powder.
Lamp Glass.	Plate Rack.
L a v a t o r y Cleaning.	Polisher, for stained Floors.
Plate.	Sink Basket.
Saucepan.	Soap.
Scrubbing.	Soap Dishes (for Scullery and Housemaid's Pantry).
Sink.	Soda.
Stove.	Steps.
V e g e t a b l e Scrubbing.	Swabs.
Wall.	Wash Leather.
Carpet Sweeper.	
Cinder Sifter.	
Dusters.	

Clocks.—You can buy one for 3s. 6d.: a French collector once paid £40,000 for another! The latter is now in the Louvre; the former . . . who can say what will be its fate when it has made you miss your train or get home to find that dinner was ready two hours too soon?

This is merely to indicate the endless diversity of objects which the above heading embraces. Few articles in a house can be more beautiful, and few can be uglier than a clock, and in this as in so many other things the Victorian era seems easily to beat all records of hideousness. Unfortunately that period is still so near to us that

large quantities of its worst productions are still extant, and among them the marble or "presentation" clock, black or white or mottled, which used to disfigure every dining-room mantelpiece. It is usually a good timekeeper: that is its one quality, but it is also its chief crime by causing its lengthy existence.

Happily, clocks being indispensable objects in almost every room, many really beautiful kinds are to be had, both ancient and modern. An English bracket clock, with its plain, carved or inlaid wood case is a valuable ornament on a sideboard or over the fire-place in the dining-room, whilst in the drawing-room a French ormolu, or marble and ormolu, clock has few rivals. Grandfather clocks in oak, mahogany and other woods, plain, carved or inlaid, and also in lac always look well in a hall, library or billiard room. Clocks in order to keep good time need very careful treatment, should be wound up regularly, and the delicate works must not be tampered with by amateurs. Every pendulum clock needs to stand on a perfectly level surface; if inclining ever so slightly to one side it will stop. It is quite easy to tell if it is level by listening to the ticking; if this is quite regular the clock is level; if irregular, one side or the other of the clock must be slightly and carefully raised and a bit of folded paper or card inserted underneath until the beat is perfectly correct.

Cooking Utensils and Accessories.—The nutritive value and tempting appearance of food depend not only on the quality of materials employed and the method of preparing them, but on the manner of cooking, and the latter is influenced to a very large extent by the utensils

available for use. To obtain the best results you must have the right utensils, each designed for a special purpose and all of good quality; all, too, must be kept clean to the degree that is "as good as new."

It is a common mistake to imagine that such things as frying baskets, double saucepans, salad mashers and loose bottom cake-tins are only requisite in a kitchen where "elaborate" meals are to be prepared; it is the lack of such appliances that makes the preparation of simple meals an elaborate and wearisome business that frequently ends in unappetising failures.

Important as it is to equip your kitchen with everything for use in cooking, it is equally important not to overstock it with a multiplication of the same utensils in a way that encourages delay in washing-up; and not to stock it with things that have to be cleaned to no purpose, or that will be left to become dangerously dirty for want of use.

When choosing range of sizes in saucepans and frying-pans, take into consideration size of stove and number in family; minimum sizes for everyday use are economical of fuel, but their capacity should not be so limited as to cause inconvenience when one or two visitors are included in the family party.

The following Cooking Utensils should have their place in a well-appointed kitchen and larder:—

Apple Corer.	Coffee Grinder.
Bain Marie Pan.	„ Pot.
Baking Tins, for meat, potatoes, etc.	Colanders.
Basins (<i>see China</i>).	Cooks' Forks.
Bread Pan.	Cooks' Knives:
Cake Tins.	Oyster Knife.
Canisters, airtight, for tea, coffee, sugar, rice, etc.	Paring Knives, for Fruit and Vegetables.
Chopping Board.	Corkscrew.
	Dish Covers, Wire Gauze.

Egg Slice.
Entrée Moulds.
Fish Kettle.
„ Slice.
Flour Bin.
„ Dredger.
Forcing Bags and
Pipes—for icing,
and decorative
work in vege-
tables, etc.
Frying Baskets,
one for fish, one
for potatoes.
Frying Pans.
Graters, for bread,
cheese, etc.
Gravy Strainer.
Gridirons.
Jelly Bag.
Jelly Moulds.
Jugs, including
Graduated-meas-
uring Jug.
Kettles.
Knife Tray.
Ladle.
Meat Chopper.
„ Hooks.
„ Saw.
Mincing Machine.
Pastry Board.
„ Cutters.
„ Trays(wire)

Pepper Box.
Potato Masher.
„ Peeler.
Preserving Pan.
Pudding Cloths
(unnecessary if
pudding basins
are fitted with
patent covers).
Rolling Pin.
Salad Washer.
Saucepans, to in-
clude at least one
double saucepan
for milk or por-
ridge and a lip-
ped saucepan,
Sauté Pan.
Scales.
Sieves, Hair and
Wire.
Spice Box.
Spoons—
 Enamel, to in-
clude at least
one perforated
for draining.
 Iron.
 Wood.
Steamer.
Stew-pan.
Sugar Dredger.
Tin Opener.
Vegetable Cutter.

Curtains and Draperies.—

The story is well known of the elderly, mid-Victorian maiden-lady who draped the legs of the dining-room table in the interests of propriety. This is an extreme case and one for the historical accuracy of which it is hard to vouch. Be that as it may, some people have an affection for draperies which almost amounts to mania; in their houses windows, doors, mantel-pieces, mirrors, pianos become little more than pegs upon which to hang festoon upon festoon of light or heavy fabrics, to the exclusion of light and air, and the collection and accumulation of dust and microbes. Such excess is to be severely condemned, but a judicious use of draperies

HOUSE—*Continued.*

improves both the appearance and comfort of the home.

In choosing or ordering window curtains for any room, it is well to bear in mind that the object of a window is the admission of light and air, and that anything, therefore, that defeats this object is inexpedient as well as inartistic. If a window be well proportioned in reference to the room, its lines should, as far as possible, be preserved by having straight hanging curtains following its contours. Sometimes if a window is too small, or too high, or too low in the general scheme of decoration, a careful disposing and arrangement of curtains will remedy or conceal the defect.

The choice of materials depends very much on the environment. Velvet would naturally be out of place in a country cottage, and chintz impossible in a Mayfair drawing-room. Long white muslin curtains are no longer considered an essential test of respectability, and are often replaced with advantage by the short *brise bise* variety of Japanese silk or filet lace. In a large room with wide windows, a very handsome effect is produced by a single white transparent curtain hanging perfectly straight from the ceiling to the floor, and a silk or velvet curtain hanging in heavy, straight folds on either side.

The hanging of curtains and draperies so that they fall in graceful folds is not so easy as it looks. It is an art in itself, though some people have the gift of deft fingers that can accomplish the task without difficulty. The majority, however, will need to call in professional assistance to get anything like a satisfactory result.

Cushions.—You cannot have

too many of them, provided they are of the right kind. They must be soft and yielding, filled with down or feather, and the larger the better. They should be covered in silk, and you will find that however bright their colours, they will not clash with quiet toned furniture. On the contrary, bright coloured cushions thrown about the room on couches, divans or armchairs have much the same livening effect as brilliant flowers. One of the most fascinating adjuncts to a sitting-room is a low divan literally smothered in cushions of all shapes, sizes and colours; it exudes cosiness, banishes stiffness in social intercourse, and gives to the room a mild bohemianism to make the most self-conscious feel at ease. The luxuriousness and the decorative possibilities of cushions seem only to have been realised in Western Europe in recent years, though of course they have been appreciated in the East from time immemorial. Oriental ease is proverbial: why not import some of it into our Western homes when it can be done so easily?

Cutlery.—Prominent among the most successful inventions that have been designed to save household labour is Stainless Table Cutlery.

Many people have considered it worth while to scrap their old-fashioned drudgery-making knives in favour of the new device, and for anyone who is obliged to buy new stocks, there can be no two opinions about favouring the modern make. Stainless steel cutlery needs no cleaning and polishing beyond washing, after use, in warm water, and drying with a cloth, even when it has been used in contact with fruit or pickles; it has the added advantage of being subject neither to

rust nor tarnish, even when left damp. Standard sizes can be obtained in various patterns; the initial cost does not exceed that of ordinary cutlery, whilst in the long run a great economy is effected by the saving of wear and tear in cleaning.

A cutlery outfit should include—

Bread Knife.	Game Carvers.
Dessert Knives.	Meat "
Table ,,	Steel. "
Ham Carvers.	

Floor-Coverings.—This is a very important item, and one that lends itself to infinite variety. The two main considerations to be borne in mind are usefulness and decorative effect, and to combine both requires careful thought. Of course, here again the amount of money which can be expended is the governing principle, as the range of prices for a single rug may vary from a few shillings to thousands of pounds. Injudicious selection of carpets or oil-cloth can easily mar the comfort and beauty of the home.

It is, therefore, highly desirable not to economise unduly in this department. Remember that carpets are not things that are for show only, or that are taken out for occasional use. More perhaps than any other article in the house, they are exposed to constant wear, and if of poor quality they will naturally not last long. For this reason the self-coloured art felts with which floors are often covered are inadvisable, except in a room which is little used or as a "surround" to a stronger carpet. For instance, in a dining-room felt looks very nice at first, but after a short time it will show signs of wear round the table and under it where the diners' feet rub, and even the best qualities

comparatively soon get worn right through in places.

In a DINING-ROOM there is nothing nicer than a good, thick Turkey rug. It is warm and soft to the feet, deadens the sound of the servant's foot-steps round the table, and wears well. Turkey rugs at reasonable cost can be had in all sizes and in endless combinations of design and colouring; they harmonise with any style of furniture and decoration; if the floor is not completely covered, any empty spaces, such as bay windows and recesses, can be waxed and polished (if the floor be parqueted), or stained, or covered with felt cut to shape and sewn on to the central rug. Always avoid cutting a rug or square, as you destroy its value besides making it practically useless should you wish to move it to another room or house. Of course many other kinds of carpets may be suitable to a dining-room. Some people prefer a plain coloured velvet pile to cover the floor entirely; the colour should then be very carefully selected to match or harmonise with the wall-paper. One great drawback is that plain carpets of this description stain easily, and should a clumsy maid drop the bacon or spill the soup, permanent damage is likely to result. And accidents will happen. . . .! A good quality "Brussels" is durable, and can be had in excellent patterns, but it is hard and not nearly so pleasant under foot as a carpet with a thicker pile. An Axminster or Wilton square, if well chosen, does not make a bad substitute for a Turkey, which, however, remains the most serviceable floor-covering for a dining-room.

For the selection of a DRAWING-ROOM carpet, it is very much more difficult to advise. So much depends

HOUSE—*Continued.*

on your conception of a drawing-room, on the use to which you intend to put it, and to the general scheme of decoration and furniture.

To many people nowadays in a house with only two or three sitting-rooms, the old-fashioned "drawing-room" is an abomination: a room fitted with occasional tables, delicate chairs, and a silk covered suite from which the loose covers are only removed on great occasions; a room where you have to be on your best behaviour, where the men are not permitted to smoke, and where bits of china and other fragile ornaments invite an accident at every turn. If such is your idea of a drawing-room, you will not want the same carpet as if you are going to make it into a cosy place with comfortable arm-chairs where you can lounge after dinner with a book, play or listen to music, or enjoy the company of your friends as opposed to stiff and formal callers. This point once settled as to what your drawing-room is to be, you will decide upon the style in which it is to be furnished; if you select the French models of the eighteenth or early nineteenth centuries (Louis XV., Louis XVI., Directoire or Empire) a light-coloured Aubusson carpet will show off the furniture better than any other, but it may prove fairly expensive. Axminster or Wilton squares in light tones will produce an effect almost as satisfactory, and these are eminently suitable to a room furnished in satin-wood or inlaid mahogany.

Consideration of hygiene and comfort will govern the choice of carpets for BEDROOMS, decorative effect being of lesser importance, though by no means negligible. In sickness, an obtrusive pattern is

apt to become a source of real suffering even to the point of retarding recovery in the case of a sensitive nature. If hygiene were the one and only consideration, there can be no question that carpets in bedrooms would be discarded altogether and their place taken by linoleum that can be frequently washed and so kept absolutely clean. Indeed, in children's rooms and nurseries this is strongly advisable, especially as healthy children are none the worse for the lack of some of the refinements of comfort which become almost necessities in later life as some compensation for the strenuous exertions of business or housekeeping. In the bedrooms of "grown-ups" thick soft carpets are a constant delight, and texture is of greater importance than pattern so long as some regard is given to tone and harmony. Avoid garishness or anything likely to shock the nerves in the first moment of wakefulness, and remember that you may have to spend hours, days or weeks in your bedroom during illness or convalescence when a false note will assume an importance far greater than it does at ordinary times. If your purse is limited, do not make the mistake of expending so much on the reception rooms that there is only enough for the bedrooms to allow of uncomfortable makeshifts. Loose rugs are both useful and handsome on either linoleum or plain carpets.

For the BATHROOM, the only possible floor-covering is linoleum, which can be washed, and which dries quickly. Should you possess the necessary means, tiles of glazed china or even slabs of coloured marble make a delightful bathroom floor, which, of course, needs no covering.

In choosing linoleums it is always advisable to have one of the many "inlaid" varieties, or the kindred cork-lino. With the ordinary cheap linoleum, the colour or pattern, being only on the surface, very soon wears off in patches, and the effect is shabby in the extreme. In the inlaid kinds the colour or pattern goes right through the texture, and the appearance is therefore practically unchanged to the last. You will find these essential also in kitchens and other domestic offices.

There remain now only the HALL, STAIRS, and LANDINGS to be covered.

In the hall one or more loose rugs are to be recommended; they have to be taken up frequently to shake or beat out the mud and dust which are inevitably carried in from the street. For staircases and landings specially woven carpets are made in all widths and lengths, and are easily kept in position with stair-rods. A good underfelt and also pads on the tread are a necessity if the carpet is expected to wear any length of time. If stair-carpets are moved a few inches up or down every three months, this will ensure that certain spots do not get shabby or worn out long before the rest, and will considerably lengthen the life of the whole. When measuring for stair-carpets, allow extra length for turnings at top and bottom to permit of moving as advised.

On a fairly wide staircase, a very chic and artistic effect is obtained by using, instead of the usual stair-carpet, long, narrow rugs fixed in the same way with stair-rods. If the flights are too long to be covered with one rug, several of similar pattern or tone may be used end to end without in any way detracting

from the handsome appearance of this method of covering the stairs.

Glass.

NOTE.—*According to taste and pocket, strike out such items as you will from the following list, and retain them in your China or Silver and Plate list.*

Requisite variety and quality depend largely on mode of living. Select accordingly from the following:—

Biscuit Boxes.	Knife Rests, for carving knife and fork.
Bowls for flowers, etc.	Lemon Squeezer.
Butter Dishes.	Mustard Pot.
Cake Dishes.	" Spoon.
Celery Glass.	Oil and Vinegar Bottle.
Custard Glasses.	Salad Bowls.
Decanters.	Salt Cellars.
Dishes, round and oval, for fruit, sweets, etc.	Soda Goblets.
Finger Bowls.	Spirit Stands.
Flower Vases.	Sugar Basin.
Ice Bowl.	Tumblers.
" Pail.	Water Bottles.
" Plates.	Wine Glasses for—
" Saucers.	Champagne.
Jam Dishes.	Claret.
Jam and Pickle Jars.	Liqueurs
Jugs.	Port.
	Sherry.

On however moderate a scale you are equipping your house, do not grudge money spent on table glass. Bear in mind that the taste of all beverages is affected, through sight and feeling, by the quality and shape of receptacles in which they are served.

Linen.—Thanks largely to modern laundry methods housewife-ly ambition no longer runs to handing down linen as an inheritance; nevertheless there are few housewives who do not take pride in their linen cupboard.

Minimum supplies of household linen must be sufficient to permit of the regular changes necessary in the

HOUSE—*Continued.*

interests of cleanliness, and to allow of a reserve for emergencies. By the minimum supply of sheets and pillow-cases, it should be understood that there are enough available for each bed to do away with the necessity for practising the uncleanly habit of putting top to bottom when sending linen to the wash. With these reservations, aim at possessing quality rather than quantity at the outset of equipping your linen cupboard. Additions can, and should, be made from time to time as opportunity occurs, with a view to making good for wear and tear and to increasing reserves.

The woman who has a particular affection for her household linen, and can afford to indulge her fancy, usually has her sheets and pillow-cases made to order and handsewn. Many firms specialise in executing orders for handsewn bed-linen, also in carrying stocks of ready-made sheets, etc., in standard sizes, which cover a wide range of qualities in Irish or Scotch linen, and in plain or twill cotton.

Linen sheets cost much more at the outset than their cotton relatives, but their superior wearing power makes them cheaper in the long run.

Some people, however, have an objection to sleeping in linen, on the ground that it strikes cold.

In addition to sheets and pillow-cases, you will need—

Table Cloths, for dining-room and kitchen.	Bath Towels.
Table Napkins.	Roller „
Sideboard Cloths.	Tea Cloths.
Afternoon Tea Cloths.	Glass „
Afternoon Tea Serviettes.	Kitchen „
Tray Cloths.	Oven „
D'Oyleys.	Lavatory Cloths.
Face Towels.	Dusters (cotton or twill and chamois).
	Swabs.

The following are necessities or abominations according to taste :—

Toilet Covers.	Antimacassars.
White Counter-panes.	Sheet Shams.

Silver and Plate.

NOTE.—*According to taste and pocket, strike out such items as you will from the following list, and retain them in your China or Glass list.*

The Standard patterns for forks and spoons are :—

Beaded.	Old English.
Fiddle.	Rat Tail.
King's.	

There are several other patterns, some of modern design, some copies from the antique, as, for instance, Albany, Empire, Queen Anne and Louis XVI. For spoons the Apostle pattern is popular, but to be attractive it must be of beautiful workmanship, which is only possible with first-class goods. Minimum requisites :—

Table Forks.	Tea Spoons.
„ Spoons.	Egg „
Dessert Forks.	Salt „
„ Spoons.	Butter Knife.

The following rank as necessities or luxuries, according to individual taste and financial possibilities—

Afternoon Tea Set.	Claret Jug.
Ash Trays.	Cream „
Asparagus Dish.	Cruets.
Asparagus Servers.	Crumb Scoop.
Breakfast Dishes, with hot-water fitting or lamp attachment.	Coffee Set.
Butter Dish.	Dish Covers.
„ Knife.	Egg Cups.
Cake Bowls.	„ Spoons.
„ Servers.	Entrée Dishes.
„ Stands.	Finger Bowls.
Candlesticks.	Fish Forks.
Chafing Dish.	„ Knives.
Champagne Opener.	„ Carvers.
Cheese Scoop.	Flower Stands.
	„ Vases.
	Fruit Bowls.
	„ Forks.
	„ Knives.
	„ Servers.
	Grape Scissors

Gravy Spoons.	Oyster Forks.
Ice Pail.	Pepper Mill.
„ Pick.	Pickle Forks.
„ Plates.	Pie Servers.
„ Slice.	Salad Bowl.
„ Spoons.	Salt Cellars.
Jam Dishes.	Salvers.
„ Spoons.	Sauce Boats.
„ Stands.	„ Ladles.
Jelly Spoons.	„ Stand.
Knife Rests, for	Soup Ladle.
carving knife and	Sugar Basin.
fork.	„ Dredger.
Marrow Spoons.	„ Sifter.
Muffin Dish.	„ Spoons.
Mustard Pot.	„ Tong.
„ Spoon.	Toast Rack.
Napkin Rings.	Tea Pot.
Nut Crackers.	„ Tray.
Oil and Vinegar	Vegetable Dishes.
Frame.	

Tables.—The following are requisite to a well-equipped home:—

DINING-ROOM TABLE.—Be careful that this is not too large for room. In taking measurements, remember to allow space for chairs, so that when these are in position they will occupy in use, there is ample passage-way for maid to serve without risk of disaster or discomfort.

DRAWING-ROOM TABLE.—Its *raison d'être* is to accommodate the afternoon tea-tray and accessories. It should be sufficiently solid to serve this practical purpose, but it should combine with utility an attraction of form and material that make it worthy, in its leisure hours, of carrying a beautiful vase of choice flowers or a work of art. Ornaments are, of course, a matter of individual taste, but however strong your fancy may be for a display of them, do not so crowd the drawing-room table that the arrival of the tea-tray calls for a clearance that is reminiscent of moving day.

KITCHEN TABLES.—Space permitting, two are desirable. They should have white deal tops which can be easily wiped down and

scrubbed. It is essential that one shall contain a drawer for holding kitchen knives, forks, spoons and suchlike cooking utensils.

BEDROOM TABLES.—One table, at least, is a comfort in every bedroom. It should be portable but strong enough to stand steady.

HALL TABLE.—It is not necessary that this should be of any of the conventional designs that are usually classified under the name. A chest, a settle, or any flat-topped piece of furniture will answer the purpose of stand for card-tray, letter-tray and gong, or oddments such as a parcel or a pair of gloves that need a temporary resting-place until claimed by their owner.

Certain tables which cannot legitimately be called requisites are, nevertheless, indispensable accessories to an attractive home. Among these, recreation tables enjoy a well-deserved popularity, and special favour has been won by card tables and billiard tables; the former are made in folding styles that easily adapt themselves to limited space, but a full-sized billiard table requires a room of special dimensions for its accommodation. The alternatives for billiard-loving members of a family are a convertible dining-table for miniature billiards or a miniature billiard table that can be affixed to dining-table.

Wardrobes.—Seeing that the average house is so hopelessly lacking in cupboard accommodation, capacious and well-fitted wardrobes have the power of paying for themselves over and over again by safeguarding clothes against unnecessary wear and tear. But beware of poky pretensions; however cheap they may seem, they will cost you dear, for clothes buried away in a cramped

HOUSE—*Continued.*

space, no matter how carefully they may be arranged under the circumstances, suffer even more unnecessary wear and tear than when they are doomed to semi-exposure behind a curtain.

See also IRONING ; and WASHING.

HYGIENE:

Sunshine and fresh air are the best disinfectants, the most deadly enemies to disease germs. Your house should, therefore, have large windows, easy to open wide and so placed that it is possible to have a current of air right through the house. Even in the coldest weather bedroom windows should be kept well open all day and at least partly open at night. The old superstition that the night air is unhealthy was exploded long ago ; it can never be harmful except, possibly, in extremely damp or very foggy weather. Beds should not, of course, be placed in a direct draught.

The second essential to hygiene in the home is a constant and plentiful supply of water. Keep your body and your house clean and the chances of sickness are reduced by more than half—vermin

and microbes prosper, thrive and multiply in darkness and dirt. Another superstition of bygone days is that frequent baths are weakening and unhealthy ; as revealed by modern science, the reverse is the truth, a daily bath (or tub if a bath is unavailable) being as necessary to health as it is to comfort.

When taking a house, make a point of having the drains and all sanitary arrangements, such as lavatories, sinks, etc., thoroughly tested by an expert. Faulty drains are a grave danger to health, being the cause of many mysterious sore throats, to say nothing of such deadly diseases as typhoid fever and diphtheria. All water-closets must have a good-sized window directly communicating with the open air, and must also have an abundant flush of water.

Larders, or any place where food is kept or stored, should be airy and cool and well protected from flies by wire or muslin netting. Flies are dangerous germ carriers, and should be destroyed as far as possible with the help of fly-papers or other appliances.

See also HOUSE, CHOICE OF ; and PESTS.

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I

IDEAL HOUSE, THE.

Everyone agrees that much could be done, by the adoption of up-to-date inventions, to save time, money and labour in the house, and generally to make home-life more comfortable and convenient. But few people seem to realise the difficulties that arise when the desirable changes are viewed in the light of a business proposition for all classes of houses as distinct from the philanthropic ideal of model dwellings for the working classes.

At the root of the trouble is the fact that the majority of householders are not house owners. Under existing laws and customs, the interests of landlord and tenant are apt to clash where improvements are concerned. For instance, take the very logical argument that a central-heating installation economises fuel; the bottom falls out of the logic if the landlord is expected to pay for the installation, so that the tenant may save on his coal bill. On the other hand, if the tenant pays for the installation, the capital value of the improvement has to be presented to the landlord upon termination of the tenant's lease. True, a business arrangement may be made between landlord and tenant, whereby the tenant pays extra rent if the landlord puts up the capital for improvements, or the landlord compensates the tenant if the latter invests money in property in which he has only a temporary interest. But some tenants are firmly convinced that landlords have no idea beyond pro-

fiting when they suggest any alterations that make for an increase of rent, while some landlords would make Shylock blush at their interpretation of the law of fixtures. And even when a landlord and tenant are both sufficiently businesslike to fix on terms which would allow of improvements being made to their mutual advantage, it so often happens that both parties lack the necessary capital for modernising the house in which they are both interested.

The difficulty offers the opportunity for the establishment of an enterprising business concern, civic or private, for helping to solve the housing problem by modernising existing houses. The company, working on the lines of gas companies and water companies, would supply the capital for, and undertake the work of, central-heating installations, service lifts, lavatory basins to abolish washstands in bedrooms, and numerous other desirable accessories which the conditions and circumstances of the times have now made requisites of home-life. The interest on the capital thus invested would be collected from tenants in the form of periodical payments such as are now made for light, water and telephone.

Most people who live in their own houses have only themselves to blame if their residence is not equipped with such modern facilities as central heating, central lighting, gas cooker, hot and cold water on each floor, lavatory basins sufficient

to abolish washstands in bedrooms, bathroom, service lift and service telephone or speaking-tubes. If the house is built to their order, they can order what they like, and as far as money limitations are concerned, they should give drudgery-saving installations preference over decorative details. If they buy an existing house, they can select one that comes sufficiently within their available capital to allow of a margin for modern transformation. If they have been near-sighted in the past, let them now be wise enough at the earliest opportunity to invest money in up-to-date additions and alterations—if need be, the money can be raised by a mortgage on the house.

See also **ELECTRIC ACCESSORIES**; **HEATING, CENTRAL**; and **LABOUR-SAVING APPLIANCES**.

INCOME.

Income is usually reckoned on a yearly basis of calculation. It is the total of all money received during the year as payment for work or as interest on investments, together with any produce for home consumption that represents money. It is a common mistake to reckon income in terms of money only; so bear in mind that if you keep chickens that supply eggs for your own family's use, grow potatoes in your own garden for your own table, and produce bacon for the family's breakfast by rearing a pig, the eggs, potatoes and bacon are as much part of your income as any money you may derive from any source.

Your yearly expenditure should always be less than your yearly income, so that you may have a margin of money to put by for emergencies and old age.

INDIGESTION.

Much may be done to prevent it, for it is frequently provoked by unskilful catering, bad cooking, neglect of teeth and lack of exercise.

In even the best-managed households, however, it sometimes happens that some members of the family may have a weak digestion, which calls for a special diet under a doctor's direction. Or, there may be certain members of the family who cannot digest certain things, and if anything is served for the family in general which is known to disagree with one person in particular, take care to provide something special which can be digested in comfort by that person. Further, it may happen that a member of the family, who normally has a good digestion, may be a bit out of sorts; a temporary attack of indigestion under these circumstances may be relieved by half a teaspoonful of bicarbonate of soda stirred in a wine-glass of warm water and taken after meals, and the following should be eschewed—pork, new bread, pastry and rich sauces; potatoes should only be indulged in very sparingly. As an alternative to bicarbonate of soda for relieving pain, give a few drops of essence of peppermint in warm water. Mint tea and camomile tea are also efficacious in cases of slight indigestion (see **TISANES**).

INK STAINS, TO REMOVE.

From Kitchen Floors and Tables.—Rub ink spots with vinegar and salt or with lemon and salt, then scrub in the usual way with soap and water. If spot proves obstinate, damp it with vinegar or lemon juice, rub in salt and leave in this state for a few hours before scrubbing. Although chemicals, such as salts of lemon, may lighten

INK STAINS—*Continued.*

the work of removing ink stains from boards, it is advisable not to use them for anything, such as the kitchen table, which is brought into contact with food, seeing that such chemicals are usually poisonous.

From Linen.—If you are able to attend to ink-stained handkerchief, tablecloth, white muslin blouse, or suchlike article directly after accident has happened, cover spot with salt and damp with warm milk. In a stubborn case, rub salt lightly over spot and put to soak in milk. After such treatment, a faint stain may still be visible, but every trace of it should disappear if article is washed with soap and water without delay.

For an old ink stain proceed as follows: Dissolve $\frac{1}{4}$ oz. salts of lemon in half a teacupful of boiling water; put stained part of article to soak in this mixture until all trace of ink has disappeared. Then, without delay, rinse article well in warm water to which a little carbonate of soda has been added (1 dessertspoonful carbonate of soda to 1 pint water). Thorough rinsing is necessary to prevent holes taking the place of stains after use of salts of lemon; the addition of carbonate of soda to the water neutralises the effect of the acid. *Note carefully that salts of lemon is a virulent poison.*

INSURANCE.

No better medium for, or incentive to, thrift has ever been devised than the insurance system.

Insurance with a good Company is a sound investment for one of two general purposes:

Security against loss that might result from some possible but more or less improbable cause, such as fire, burglary or serious accident.

Saving up for the accumulation of a lump sum that can be drawn at a specified time or on a specified occasion; as, for instance, by policy holder upon arrival at a certain age, or by heir of policy holder when latter dies.

AN INSURANCE POLICY is the Insurance Company's agreement to make a payment to the person named therein or to his nominee, under certain stipulations. One of the stipulations is, naturally, that the insured person shall meet his obligations in the way of plainly quoted payments to the Company. When you are taking out an insurance policy, read it through carefully, not only to make sure how much you have to pay and when, but to get a complete understanding of the stipulations under which you are entitled to make a claim on the Company.

Payments by an insured person are generally made annually, but sometimes a lump sum is paid down for the anticipatory benefit for which the policy is taken out; all such payments, annual or by lump sum, are known as *Premiums*. The amount of the premium varies with the liability of the Company, and on whether it is certain, possible or merely probable that circumstances will arise whereby the Company will be called on to meet their obligations. For instance, the premium you have to pay for Fire Insurance is very small, because the chances are small that your property will be destroyed by fire; of course the payments you make in respect of such an insurance are so much lost money for you if you do not have a fire, but you reap the benefit of constant freedom from worrying about whether such an accident might happen. On the

other hand, premiums paid for such an insurance as an Educational Endowment for your small son come back to you for certain, with compound interest, at the time when you have to meet big bills for the boy's education.

The benefits offered by insurance concern :

- (a) *The Household*; against risk of fire, burglary, employer's liability, and numerous other possibilities such as bursting of water-pipes, damage by storms, etc.
- (b) *Personal Matters*; against death by accident or natural causes, against sickness, for provision of a dowry for your daughter on her marriage, etc.

Household Policies.—Every householder should take out an insurance policy against risk of loss by Fire from any cause; Burglary and its near, bad relations, Theft and Larceny; Employer's Liability for accidents to servants or other members of the staff.

Separate policies may be taken out with various Companies to cover each of these three classes of risk. But some Companies issue what is known as a Householder's Comprehensive Policy, which covers all three classes of risk; the outstanding advantage of such a combined policy is that you have to pay only one joint annual premium on one specified date of the year, and are thereby saved the trouble of thinking about and taking the necessary steps to pay three separate premiums to three separate parties on, probably, three different dates.

Note specially that the system of National Insurance does not cover your liability to compensate a servant for injuries caused by accident.

By the Employers' Liability Act and other similar Acts, you may be called upon to meet doctors' bills, pay wages, and otherwise provide compensation for personal injury to any servant permanently, temporarily, wholly or partially employed by you, provided such injury is sustained whilst the servant is working for you. National Health Insurance only provides for payment to servants in case of inability to work through sickness; so take care to cover your remaining and far-reaching liabilities as regards servants by a private insurance policy with some recognised Company.

Personal Policies.—The benefits offered by Life Insurance and Accident Insurance are well known and widely appreciated.

Most husbands consider it their duty to insure their lives so as to make some provision for wife and children in the uncertain future. As regards Accident Insurance, education has done much to swell the numbers of men and women who realise the necessity of being prepared for the worst, and who are willing to make such preparations in a thrifty, commonsense way; the old-fashioned attitude of indifference and superstition towards accident insurance still survives, but amongst the enlightened majority it is regarded as a relic of the dark ages.

For the Children.—No development of the insurance system has had to face such hostile criticism as that connected with the children. Because a minority of inhuman parents discovered in child life insurance a means of making money through barbarous treatment leading to premature death, the great majority of human folk lost their heads in expressing the righteous

INSURANCE—*Continued.*

indignation of their hearts. There was a campaign for putting an end to child insurance, but frank and open discussion of the whole matter won the day for insurance—wholeheartedly in some quarters, grudgingly in others. It was generally admitted that more drastic and far-reaching methods for looking after the welfare of inhuman parents' children were necessary than the mere abolition of child insurance, and that such abolition would deal a heavy blow to thrift by depriving humane parents of the opportunity of endowing their children with a life insurance policy from infancy which they could capitalise when they were grown up, or carry on by small annual payments for the benefit of their own children.

Recent developments in child insurance are making this branch of the business so popular that it looks like scoring an epoch-marking success. In the course of these developments, the underlying ideal of the whole idea has, fortunately, been freed from all possibility of being misunderstood, by a simple exchange of simple words—what used to be called *insurance of children*, is now known as *assurance for children*.

Children's welfare insurance policies cover a wide variety of benefits for the children both whilst they are growing up and when they are grown up. For instance, you can now take out a policy for your son at birth that will provide him with a capital for going into business when he is old enough to choose a career; if you live to see him claim that benefit, the annual payments you have made will amount to considerably less than the sum the boy gets, whereas, should you

die after you have made but one of those payments, the boy will still receive the same capital sum. Should the child die, your money will be returned to you.

Amongst this class of policies, there is one in particular with which all parents should be familiar—**EDUCATIONAL ENDOWMENT**. We live in a competitive age when a particularly good education is necessary as the stepping-stone to any career, manual or professional. As a rule, the cost of education during the early years of children's lives can be fairly well met, but it is when they reach the age of about 14 that the pinch is felt by parents, and particularly when they are nearing 16 and need a special training for their chosen occupation. Far-seeing parents who think ahead and who are willing to make slight sacrifices whilst their children are young, can make provision on the instalment system for the higher education of their children through an Endowment Policy. An annual payment during the early years of a child's life secures an annuity for educational purposes for a certain number of years onwards from the time the child attains a certain age. For example, an annual premium of roughly £31 paid onwards from the child's year of birth for 15 years, secures 6 payments of £100 a year, commencing on the child's 16th birthday. The maximum number of premiums payable would be 15, but should the parent die after the payment of one premium only, no more payments would be required, the policy remaining intact. Any of the Companies which issue Endowment Policies will quote you the exact premium payable according to the present age of the child for whose education you may be

PENSIONS FOR WOMEN WORKERS

YOUNG women and even those approaching middle age are usually so engrossed in their work or domestic duties that they are apt to forget an important fact. Some day middle or advancing age will relentlessly tell them to stop work.

You may find yourself in that position. What is to happen if you have not made monetary provision for that time?

This surely is a question of first importance to all women.

Yet the answer is simple: By setting aside each year a proportion of your earnings or income—such an amount as you can comfortably afford—you can make certain provision of an Income from the “British Dominions” Insurance Company to commence when you are, say, fifty or fifty-five. This Income would be paid to you by half-yearly instalments as long as you live. When the Pension begins your payments cease.

Should you marry and not desire to continue the insurance you could, if the policy has been two years or more in force, obtain the return of the whole of the payments made without interest. Should you die before the Pension becomes due all payments made would be returned without interest. Should you wish to discontinue the payments you can do so at any time after two annual premiums have been paid and the Company will return all the premiums paid after the first year with $2\frac{1}{2}$ per cent. compound interest.

This is a simple and sound method of making savings of the present provide for a Pension in the future. Should you be so fortunate when the time comes not to *need* it, the Pension would nevertheless be welcome and form a useful addition to income. Or, if you so desired, the Company would pay you a lump sum of cash instead of the Pension.

It will cost you nothing to obtain the fullest particulars. Please ask for “Women Workers’” Pamphlet.



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ASSETS EXCEED £17,000,000

INSURANCE—*Continued.*

wishing to provide, the age at which you wish to begin to draw payments for school fees, and the amount of the annual sum you wish to be able to draw.

INVENTORY,

see AGENTS, HOUSE.

IRONING.

Irons.—The flat pattern is now generally used, hence irons are commonly known as “flats.” Irons are made in several sizes and weights to suit individual strength.

To clean.—Use emery paper and rub with a clean duster.

Shields.—Flat-irons must never be brought into contact with clothes without being wiped after they are taken off the stove. A simpler and safer way of obviating all risk of smearing and scorching is to use a nickel shield, specially made for slipping over heated flat-irons.

Iron-Holder.—A thick pad should intervene between hot handle of flat-iron and hand of ironer. You can buy such pads ready-made at a trifling cost, or

you can easily make one yourself. Cut several thicknesses of cloth into rounds, arrange them one above the other in layers and stitch through firmly so that they all hold together. Bind with braid.

Iron Stand.—A rest on which to place hot iron during the momentary intervals that it is not in use. Sold by all ironmongers.

Ironing Blanket.—An essential medium for ensuring good results in ironing is a thick, soft, smooth pad between article to be ironed and table or other improvised ironing-board. Ironing felt is sold for the purpose, but an old blanket is a good substitute provided it has no mends or patches to cause creasing.

Ironing Sheet.—A clean and easily washable cover for the pad. An old sheet will suffice, so long as it is free from darns and patches.

See also ELECTRIC ACCESSORIES; and RUST.

IRON MOULD, TO REMOVE.

Treat by the Salts of Lemon method explained under INK STAINS, TO REMOVE.

J

JAM, TO MAKE.

CHOICE OF FRUIT.—Fruit should be slightly under rather than over-ripe, fresh picked, dry and absolutely sound. Any variety can be used, choice in this respect depending on price, individual taste and purpose jam is to serve; as regards purpose, give children pure jam, but remember that their criticism is usually based on how much they get and how sweet it is rather than on refinement in variety of fruit.

Single fruit jams are usually preferred, but raspberry and red currant, blackberry and apple, and plum and apple are popular mixtures, the two former being appreciated for their flavour and the last named for its cheapness in normally prolific plum and apple years. Rhubarb and marrow are useful for increasing bulk; they absorb the flavour of any fruit to which they are added.

CHOICE OF SUGAR.—White lump, rough cut for preserving is best; by refinement, it contains a maximum of sweetness, its lack of colour enables the pure colour of the fruit to be retained by the jam, and being rough cut, it is cheaper than well-shaped cubes cut specially for table use.

METHODS OF JAM-MAKING.—Allow about $\frac{3}{4}$ lb. of sugar to each pound of fruit: a little more may be added to very acid fruits, and a little less to very sweet ones; but with much less, the keeping power of the jam is impaired, and with much more the flavour of the fruit becomes almost lost in its subservience to the sugar.

Differences of opinion on the proportion of sugar to fruit are not very divergent, but as regards other details almost every housewife who makes her own jam has her own pet practices. Whenever you are told that such and such a home-made jam which you have found particularly good is the result of this or that little detail which “makes all the difference,” bear in mind what you have heard, and on the first suitable occasion try that particular method in connection with the particular kind of fruit which entered into the composition of the jam you found so excellent. Meanwhile, here is a working method which, according to the Editors’ experience, gives the best all-round results:

Prepare fruit according to requirements of variety—top and tail gooseberries, string currants, peel and core apples and cut them in slices, cut plums and remove stones, etc. Weigh fruit and sugar allowance. Put a small quantity of fruit into the preserving-pan, and stand to side of fire to draw out juice; it may be necessary to add a few drops of water in the case of green gooseberries, green greengages or hard apples, but avoid this if possible by cutting up the first instalment of fruit very small, or by squashing in the case of soft fruits. The object in view is merely to extract enough juice in which to melt sugar. Gradually add sugar to juice until total allowance of latter is melted, then put in rest of fruit. By this method colour and shape of fruit are retained in jam.

Bring all to boil and continue

JAM—*Continued.*

boiling until jam sets to desired consistency, as can be tested by putting a little on a cold plate. Stir frequently during the whole time jam is being cooked, to avoid burning, and remove scum, if there is any, with a draining-spoon. *Time of boiling*: 30 to 45 minutes is the average, reckoning from the moment when total contents of pan come to the boil.

UTENSILS.—Preserving-pans are made in copper, aluminium, and iron with an enamel lining. Copper pans have the advantage of being decorative kitchen utensils, but they are costly and need a good deal of attention to keep them in the scrupulously clean condition essential for the cooking of good and healthy jam. Aluminium pans are light in proportion to their solidity, and whilst they, too, are good to look at and less difficult to keep clean than copper ones, they involve a considerable outlay. Enamel-lined pans are cheap in comparison and very serviceable. They should, however, be of good quality so that they remain in good condition from season to season—it is dangerous to use them when the enamel is so chipped or worn as to expose the iron exterior.

Use a wooden spoon for stirring.

Use a draining-spoon, pierced with holes, for taking off scum, and so avoid robbing jam of juice.

POTS.—Any glass or stoneware jars will serve for holding jam, but those with a narrow neck are preferable as being easier to tie down. Glass jars have the advantage of exposing contents to view so that a watchful eye may be kept for any sign of fermentation. Screw-top bottles do away with the necessity for tying down. All bottles and

jars must be scrupulously clean, dry and well heated to receive jam. Tie down or screw up pots directly they have been filled. Parchment papers, cut to different sizes, are sold specially for covering the pots; packets also contain rounds of waxed paper for laying on surface of jam previous to tying down.

STORAGE.—Store in a cool, dry place.

RECIPES.

Apricot Jam with dried apricots.—1 lb. of dried apricots will make about 4 lbs. of jam.

Rinse fruit well under a running tap, then soak in fresh water for at least 14 hours, allowing 4 pints of water to each pound of dried fruit. Put fruit in preserving-pan, add water in which it has been soaked, and sugar in proportion of 3½ lbs. to each pound of dried fruit. Bring to boil and keep boiling very gently till fruit is tender and amalgamates with sugar to set to desired consistency, meanwhile stirring frequently. *Time*: about 45 minutes, more or less according to size and quality of the dried fruit. A few almonds, blanched and cut up small, improve this jam; add them about half an hour after fruit and sugar are put in pan.

Blackberry and Apple Jam.—Allow 6 lbs. of apples to 3 lbs. of blackberries, and ¾ lb. sugar to each pound of fruit.

Put blackberries into a bowl of cold water to which a pinch of salt has been added, and leave them standing overnight to draw out grubs. Next morning strain them. Put a few of them into preserving-pan and stand to side of fire to draw out juice. Meanwhile prepare apples by peeling and coring them and cutting them into slices.

When a little blackberry juice has been drawn, gradually dissolve all the sugar in it. Add sliced apples and rest of blackberries, bring to boil, and continue boiling gently until jam will set. Stir frequently. After about half an hour begin to test consistency by putting a little of the jam on a cold plate or saucer. Or, if you do not like blackberry pips, put blackberries into preserving-pan and cook them very gently to extract juice. Strain, return juice only to pan, melt sugar in it, add sliced apples and proceed as in previous recipe.

Blackcurrant Jam.—String currants, put a few of them in preserving-pan, mash them, and cook gently further to extract juice. Gradually melt sugar in this juice, allowing $\frac{3}{4}$ lb. sugar to each pound of fruit to be used. To syrup thus made, add rest of currants, bring to boil and continue boiling gently for about 40 minutes. Stir frequently, and after about half an hour begin testing consistency as previously explained.

For economy's sake, or when black currants are scarce, mix rhubarb with the currants, in proportion of 1 lb. of former to 2 lbs. of latter. The rhubarb should be peeled, cut into short lengths, put into preserving-pan and cooked tender before sugar and currants are added.

Cherry Jam.—Use Morella cherries. Allow 1 lb. of sugar to 1 lb. of fruit.

Stone cherries, crack stones and remove kernels.

Make a syrup by melting the sugar in water and bringing to the boil—allow $\frac{1}{4}$ pint of water to each pound of sugar. Add to the syrup the cherries and kernels, bring to the boil again and keep boiling slowly until cherries

are tender and juice sets. *Time:* about 1 hour.

Colour is improved by using red currant juice instead of water when making the syrup.

Damson Jam.—Allow 1 lb. of sugar to 1 lb. of fruit.

Put fruit and sugar together into preserving-pan; or cook a few of the damsons slowly to extract juice, gradually add sugar, and when this is melted, put in fruit—but as damsons do not easily break and become a mere pulp, there is no objection to the method of putting all the sugar and the fruit together in pan at the outset. Boil gently for about 45 minutes. Stir and test as previously directed. Remove some or all of the stones before putting jam into pots.

Dumpsey Dearie Jam.—The jam which is known by the fascinating name of "Dumpsey Dearie" is a particularly tasty mixture of pears, apples, plums, sugar and spice.

Use equal quantities of ripe pears, apples and plums. Peel, core and slice apples and pears, stone plums. Put fruit into preserving-pan, add $\frac{3}{4}$ lb. of sugar to each pound of fruit, and stand to side of fire until some of the juice has been drawn and sugar melted. Now add some pieces of thinly-cut rind of lemon and a little powdered cinnamon and grated nutmeg. Bring to boil and continue boiling gently until usual test shows that jam will set to desired consistency.

Take care not to put in the spices with a heavy hand; you can always add a little extra cinnamon and nutmeg as cooking proceeds, if, upon tasting jam, you think you would like it to be a bit more spicy.

Gooseberry Jam.—Ripe gooseberries, red or yellow, may be used,

JAM—*Continued.*

but a still better jam may be made with green gooseberries.

Allow $\frac{3}{4}$ lb. sugar to 1 lb. of ripe fruit; or 1 lb. of sugar to each pound of green fruit. Top and tail gooseberries. Proceed as for Black Currant Jam.

Greengage Jam.—Use under-ripe, green greengages and your jam will be superior in colour as well as in taste to that made with ripe fruit. Allow 14 oz. of sugar to each pound of fruit.

Remove stalks and take out stones; crack some of latter, blanch kernels and put them aside. Put cold water in preserving-pan, an allowance of 1 pint to 6 lbs. of fruit; add all the fruit, bring slowly to boil and continue boiling gently for 15 minutes.

Meanwhile, sugar should have been placed on a tin or in a fire-proof casserole and put in oven to become thoroughly hot without changing colour. Gradually add hot sugar to boiling fruit and stir to dissolve; continue boiling, stirring frequently, until jam sets quickly when tested on a cold plate—about 45 minutes after you begin to add sugar. About 5 minutes before jam is finished, put in the blanched kernels.

Loganberry Jam.—See *Raspberry Jam*.

Marrow Jam.—Jam made from young and tender vegetable marrows has the nature of squash, and if you have only sampled this variety you have yet to discover the allurements of the genuine article. Marrow jam, *par excellence*, is made from fully ripe gourds of golden hue, which have become so hard that strength, determination, indifference to blisters, and a knife that cuts like a razor are needed to dissect them.

Peel marrow, remove seeds and pith, cut flesh into inch cubes.

To every pound of marrow allow a pound of sugar, and put them together to soak for 24 hours. Transfer to preserving-pan and add crushed ginger and the juice and rinds of lemon in the following proportions:—

1 lemon to every 1 lbs. of marrow and an ounce of ginger to every 3 lbs. of marrow; use root ginger, bruise it well by beating with a hammer or flat-iron and tie up in a muslin bag. Boil all ingredients until marrow assumes a clear, golden appearance and is quite tender, and syrup sets when tested on a cold plate—*Time*: about 1½ hours.

About half an hour before jam is finished add some candied peel and preserved ginger, cut into tiny dice or thin strips.

Plum Jam.—Proceed as for Damson Jam. Or, for a superior quality, follow the method described under Greengage Jam.

Raspberry Jam.—It is particularly essential that fruit should be picked in dry weather and used within a short time of being gathered. Allow $\frac{3}{4}$ lb. sugar to each pound of fruit. Proceed as for Black Currant Jam. Skim well. A little red currant juice improves colour and flavour of this jam—about 1 pint of red currant juice to 6 lbs. of raspberries; use this juice at the outset of operation for melting sugar before putting raspberries into the preserving-pan.

Loganberries make a particularly good jam, akin to the raspberry variety, but with a distinct taste which many jam connoisseurs consider preferable. Use like raspberries, but omit red currant juice.

Raspberry and Red Currant Jam.—Use raspberries and red

currants in equal quantities, or any proportion to taste. String currants and pick over raspberries. Draw some juice by gently cooking a little of the fruit, gradually add sugar in proportion of $\frac{3}{4}$ lb. to each pound of fruit, and when all sugar is melted put rest of fruit into the syrup in preserving-pan. Bring to the boil and continue boiling gently until jam sets when tested—about 40 minutes. Stir frequently and skim well.

Rhubarb Jam.—To each pound of rhubarb allow $\frac{3}{4}$ lb. of sugar, half a teaspoonful of ground ginger and grated or finely-minced rind of half a lemon.

Wipe, string and cut rhubarb into inch lengths. Put all ingredients together into preserving-pan and stand to side of fire to draw juice and melt sugar. When risk of burning has been thus minimised, put pan over fire, bring contents to the boil and continue boiling gently until jam sets—test in the usual way on a cold plate. *Time*: longer than for most varieties of jam. From 1 to $1\frac{1}{2}$ hours.

Strawberry Jam.—As with raspberries, it is particularly essential that strawberries for jam-making should be gathered in dry weather and transferred to preserving-pan with the least possible delay.

Allow $\frac{3}{4}$ lb. of sugar to each pound of fruit. Draw some juice by mashing a little of the fruit in preserving-pan and gently cooking. Gradually add sugar, and melt to form a syrup. Add remainder of strawberries, bring to boil and continue boiling gently until jam sets when tested in the usual way. Skim well and stir very carefully so as not to break the fruit.

Tomato Jam, WITH GREEN TOMATOES.—To each pound of green

tomatoes allow $\frac{3}{4}$ lb. of sugar, $\frac{1}{3}$ pint of water, half a lemon and $\frac{1}{3}$ oz. root ginger.

Make a syrup of the sugar and water and bring it to the boil. Slice tomatoes thinly, add them to the boiling syrup, together with juice and grated rinds of lemons, and the root ginger well bruised and tied up in a muslin bag. Boil until the tomatoes are tender and clear and jam sets when tested in the usual way. *Time*: about 1 hour.

WITH RED TOMATOES.—Tomatoes must not be fully ripe but only just turning red. Put them in boiling water for a minute or two, then peel. Allow 1 lb. of sugar to each pound of fruit and put together to soak for 24 hours. Transfer to preserving-pan, add crushed root ginger and juice and rind of lemon, in proportion of 1 lemon and 1 oz. of ginger to every 3 lbs. of tomatoes. Bring to boil and continue boiling quickly until jam sets when tested in the usual way.

See also JELLY-MAKING; and MARMALADE.

JAM TARTS,

see PASTES AND PASTRY.

JELLY-MAKING.

CHOICE OF FRUIT.—The most suitable and popular varieties of fruit for jelly-making are apples, blackberries, crab apples, currants, damsons, quinces, whortleberries.

A particularly good jelly is made in France from a mixture of four fruits—cherries, currants, raspberries and strawberries. Fruit for jelly-making must only be barely ripe, as the juice from over-ripe fruit will not “jell.”

COLLECTING THE JUICE.—When juice has been extracted by slow cooking it must be strained off from

JELLY-MAKING—*Continued.*

the fruit. The straining should be done through a jelly bag, made of cheese cloth or flannel; or through a piece of linen, or two or three thicknesses of fine butter muslin. Do not attempt to hurry straining process by squeezing; let juice drip by suspending bag or cloth over the bowl placed to catch it. You can suspend jelly bag on a stick between two chairs; or you can turn a chair upside down on a table, rest bowl on the back surface of seat and tie straining cloth by the four corners to legs of chair.

BOILING THE JUICE. — When strained juice is boiled up with sugar, during last stage of jelly-making operations, you must be on the watch to prevent overcooking, for cooking beyond a certain point weakens the power of the pectin in the fruit, the natural ingredient which acts like gelatine. Test frequently by putting a little of the boiling juice on a cold plate to see whether it jells, and when the desired result follows almost immediately the sample is thus cooled, your jelly is ready to be transferred from preserving-pan to well-heated pots or glass jars. Tie down immediately.

RECIPES.

Apple Jelly.—Peel, core and slice apples and put them in preserving-pan, with just sufficient water to cover them. Simmer very gently until juice is thoroughly drawn and apples are quite soft. *Time:* depends on variety of apple, but is always a matter of several hours. Strain juice.

Put strained juice back into preserving-pan, using a measuring jug; add sugar in proportion of 1 lb. to each pint of juice. Bring to boil

and continue boiling until the usual test shows that jelly is ready to be put into pots—about half an hour. If liked, flavour with lemon juice a few minutes before cooking is complete.

A very good version of this jelly for everyday use can be made with windfall apples, or with any apples which you have not time to peel and core.

Wipe fruit with a clean cloth, remove any defective parts, roughly cut up apples in their skins, and proceed in accordance with foregoing directions.

Blackberry Jelly.—Use berries that are still well on the red side. Wash the fruit, put it in preserving-pan, barely cover with water, and simmer gently until juice is extracted. Strain and return to preserving-pan; add sugar in proportion of 1 lb. to each pint of juice. Boil until usual test shows jelly will set; skim thoroughly.

Crab Apple Jelly.—Wash but do not peel fruit; cut up any large size specimens, but small ones may be used whole. Simmer gently to extract juice, allowing 1 pint of water to 2 lbs. of crab apples. Strain, add sugar in proportion of $\frac{3}{4}$ lb. to each pint of juice; boil until usual test shows jelly will set. *Time:* 30 to 40 minutes.

Currant Jelly.—WITH RED CURRANTS—For clear and bright Red Currant Jelly, you should mix some white currants with the red in proportion of about 1 lb. of white to 4 lbs. of red.

Rinse currants, pick them from their stalks, put them into preserving-pan, half cover them with cold water, and cook gently to draw the juice. Strain. Boil up strained juice for 10 minutes, then add sugar in proportion of 1 lb. to each pint of juice, and continue boiling

until usual test shows jelly will set ; meanwhile skim well. *Time* : about half an hour from moment sugar is added.

WITH BLACK CURRANTS.— Use black currants only, and proceed as for Red Currant Jelly.

Damson Jelly.—Put fruit into a stone jar or any stew-pot with a lid, add a very little water—just enough only to start drawing juice—place lid in position and stand covered pot in a saucepan containing boiling water. Leave to cook gently until all juice is extracted. Strain and transfer to an open preserving-pan. Add sugar in proportion of about $\frac{1}{2}$ lb. to each pint of juice. Bring to boil, and continue boiling until usual test shows jelly will set.

Four - Fruit Jelly.— Equal quantities of cherries, currants, raspberries and strawberries. Cook very gently to extract juice, adding a little water only (see *Damson Jelly*). Strain and transfer to preserving-pan. Add sugar in proportion of $\frac{3}{4}$ lb. to each pint of juice. Bring to boil, and continue boiling until usual test shows jelly will set ; meanwhile skim frequently.

Quince Jelly.—Wipe quinces with a clean cloth, cut them into quarters, do *not* peel them but take out the pips. Put them into preserving-pan, barely cover them with cold water and boil very gently till quite tender—the fruit should be reduced almost to a pulp. Strain. Return strained juice to preserving-pan and add sugar in the proportion of 1 lb. to each pint of juice. Bring to boil, and continue boiling until usual test shows jelly will set ; meanwhile skim off the scum as it rises. *Time* : about 45 minutes from moment of putting strained juice and sugar in pan.

Whortleberry Jelly.—Proceed as for Damson Jelly. Allow 1 lb. of sugar to each pint of juice. *Time* : about 10 minutes only from moment strained juice and sugar are brought to the boil.

GOOD THINGS WHICH SHOULD
NOT BE WASTED.

The *froth* which rises to the surface in jelly-making when strained juice is boiled up with sugar is maligned by the ugly name of scum. The froth is removed so that jelly may be clear, but it is very good to eat. The children will welcome it as a change from jam with their bread. Further, without any preparation it makes a delicious sauce for serving with puddings.

The *pulp* left after juice has been strained off is sometimes suitable to serve as the main ingredient of a tasty sweet. Pulp from currants, blackberries and the like is rather too pippy to be utilised in this way, but that from apples, damsons and quinces can be turned to good account. For instance, pass quince pulp through a sieve, sweeten it, add a little gelatine and put in a mould to set. Or, sweeten apple pulp and serve it as apple compote with boiled custard.

JELLIES, to serve as Puddings.

Jellies are one of the prettiest forms of sweet to serve as the pudding course. They can be easily and quickly made at very small cost. The simplest method of procedure is to buy a jelly square, or a packet of jelly crystals, and follow the directions issued with the preparation. These squares and crystals are made in a variety of colours and flavours.

JELLIES—*Continued.*

RECIPES.

For a Plain Jelly.—All you have to do is to pour on jelly square or crystals a given quantity of water—sometimes hot, sometimes boiling, the directions will tell you which—stir to melt, pour into a mould previously rinsed out with cold water, and stand aside to cool and set. In the case of jelly squares, melting is expedited by cutting up the block. On a cold winter's day, a jelly made in the morning will usually have set sufficiently to be turned out of the mould the same evening without risk of breaking; but in summer time it is wise to postpone turning out till following day, unless jelly is poured into very small moulds which are stood in a bowl of cold water and put on the bricks.

A moulded portion of jelly for each person makes an attractive change from one large shape, and gives very little extra trouble. If you are short of moulds, use cups as substitutes.

Jellies in Fancy Dress.—Nothing gives children more pleasure at a meal than a jelly in different coloured layers, or a sweet consisting of alternate layers of jelly and coloured blancmange. Grown-ups, too, are very susceptible to the decorative appearance of such puddings.

For a **TWO-COLOURED JELLY**, say red and yellow, prepare a yellow-coloured jelly by melting orange or lemon-flavoured jelly square or crystals. Half fill a mould (previously rinsed out with cold water) with this liquid preparation, stand it in a bowl of cold water and put on the bricks to expedite cooling. An hour or so later prepare a red jelly by melting raspberry, strawberry or

cherry-flavoured jelly square or crystals. By this time the yellow jelly in the mould should have set sufficiently to prevent any running of colours when you fill up the mould with the red jelly.

Leave to cool and set firmly as previously explained.

For a **JELLY AND BLANCMANGE SHAPE.**—Fill mould to one-third of its depth with orange or lemon jelly. Stand aside to cool and slightly set, as explained in previous recipe. Now add a layer of similar depth consisting of corn-flour or ground rice blancmange mixture (see **BLANCMANGES**), and stand aside to cool a bit. Complete by adding a third layer of the blancmange mixture, which you have coloured by stirring in a few drops of cochineal.

Jelly with Fruit.—Melt jelly square or crystals. Pour a little of the liquid jelly into a mould (previously rinsed out with cold water), leave to cool and set slightly, then add some fruit and pour in another layer of jelly, continuing thus till mould is full. It is essential to allow intervals for setting. The fruit will appear as layers or will be dotted about here and there according to whether you completely cover surface of jelly with it before pouring in next layer of jelly, or whether you only drop fruit here and there on the surface before adding next jelly layer. Stand aside to cool and set in usual way.

Particularly good fruit jellies can be made in this way with:

A raspberry jelly square or crystals and fresh raspberries.

A strawberry jelly square or crystals and fresh strawberries.

An orange jelly square or crystals and quarters of orange.

An orange jelly square or crystals, dissolved in slightly less water than advised in directions on packet and balance of liquid made up by adding juice of tangerine oranges, the fruit addition to consist of quarters of tangerine orange.

Jelly on Mousse.—Must be served in mould in which it has stood to cool and set. Looks best in a straight-sided, shallow mould which presents a wide surface.

Proceed as for plain jelly and leave to cool in the basin in which jelly square or crystals have been put to dissolve. When half set, add the whites of one or two eggs previously beaten to a stiff froth.

Whip vigorously with an egg-whisk until mixture is very frothy, then pour into mould. Or, let half the dissolved jelly semi-set in the mould whilst the other half is doing ditto in a basin. Above the semi-set jelly in mould arrange a layer of fruit and sprinkle this well with sugar. Whip previously beaten white of egg into semi-set jelly in basin and turn the frothy mixture over fruit to complete filling the mould.

Stand aside to cool and set in usual way.

JERUSALEM ARTICHOKES.

Recipes for Cooking,

see VEGETABLES, TO COOK.

K

KEYS.

It is advisable to leave all *door keys*, with the exception of front-door key, in the locks to which they belong, so that doors can be locked by anyone in the house according to desire or necessity. The front door is usually fitted with a patent lock of the latch type; in days not long gone by the head of the household alone possessed a latch-key, but nowadays all responsible members of a family generally carry a latch-key not only as a sign that they are grown-up, but as an indication that labour-making conventions have had to give way under pressure of the servant problem.

Do not remove *cupboard or furniture keys* unless storage quarters contain possessions which you wish to keep under lock and key. When it is considered necessary or desirable to keep keys out of the locks, put them on a key-ring; it is advisable to have separate rings for keys which give access to household storage places such as store cupboard and linen cupboard, and those which are proper to bureaux, drawers, cupboards, wardrobes, or such-like harbours for your personal possessions.

Unless you are constantly wanting to make use of the keys of locked places, it is safer not to carry them about on your person, but to lock up the bunch of them in a drawer and carry the key only of that drawer.

Have a special key-ring for *keys of all trunks, travelling bags and suit cases*. When you return from a

journey, put back on their proper ring the keys of all your luggage; then when you are next preparing to go away, there will be no risk of the whole house being in an uproar because you cannot find the key of your kit-bag or your hat-box. By the way, before putting away trunks and keys after a journey, look to see whether all the locks are in good condition; when necessary, get a locksmith to attend to them without delay.

KIPPERS.

Toast them on a toasting-fork in front of a clear fire. Or, grill them over a clear fire on a gridiron. Or, cook them in a frying-pan, in enough water only to create steam, or in hot fat.

KITCHEN CLOTHS, CARE OF.

Wash out frequently, every time after use if they get the least bit soiled. Put them into hot water, to which a bit of soda has been added. Soap and rub well; rinse first in hot water and then in cold before hanging up to dry.

Once a week all kitchen cloths that have been in daily use should be boiled. Put them to steep overnight in warm soapy water, in a bowl by themselves. Next morning wring them out, wash well in hot water and re-rinse. Soap them afresh and put them in a galvanised bath with sufficient warm water to cover them; boil for 20 minutes, after which rinse out first in hot water and then in cold before hanging out to dry.

KNIVES, CARE OF.

Do not put handles into water; such treatment loosens the blades.

Wipe grease off blades with paper, then stand knives in a jug of hot soapy water reaching just to their shoulders. Leave to soak for a few minutes, then remove from jug, wipe handles with a clean damp cloth and thoroughly dry all parts.

Clean steel blades on a knife-board with finely-scraped bathbrick or good knife-polish; or in a knife-machine. Dust each knife thoroughly after cleaning.

A good make of knife-machine, if carefully used, wears well, does

not appreciably shorten life of knives, and is a great saver of time and labour. But it should only, of course, be used for steel knives.

Obstinate stains on steel knives may be removed by rubbing with a bit of raw potato dipped in finely-scraped bathbrick. Clinging flavours, such as result from contact of steel with fish or onions, may be banished by plunging blades in dry earth and leaving them in the ground for a few hours.

The use of stainless steel cutlery obviates necessity for a knife-board or machine.

L

LABOUR-SAVING** APPLIANCES.**

Big strides have been made during recent years in the invention and perfection of labour-saving appliances for the home. Unfortunately, these economic developments have had to contend with much the same prejudices that were opposed to the introduction of machinery in industrial life. Servants, in particular, have been up in arms against what they have been pleased to call "them new-fangled things." But with the dearth of domestic labour and a growing desire among all classes for more leisure for healthy pleasures and intellectual relaxation, domestic labour-saving appliances now seem to be winning the popularity they so richly deserve, and with such encouragement for inventive genius we may reasonably hope to be provided in the near future with many other devices for simplifying household work and solving the servant problem.

Roughly speaking, labour-saving devices are divided into three classes, designed respectively to save time and labour in connection with :

CLEANING. HEATING.
 LIGHTING.

CLEANING. — Carpet Sweepers, Polishing Mops, Knife-Cleaning Machines, and Portable Vacuum Cleaners have been brought to a high pitch of perfection and within range of a moderate purse. Up-to-date houses are now fitted with a Dust Trap in every room, into which the daily sweepings are shot, to be drawn automatically into a general dustbin in the back premises.

HEATING.—Anthracite, Electric and Gas Stoves all play an important part in minimising labour, but for a maximum of comfort with entire elimination of drudgery, there is no greater boon than a Central Heating installation, particularly when it performs the dual service of providing warmth and a hot-water supply. Experiments have now reached an advance stage for the provision of a Central Heating apparatus to combine the three duties of cooking, heating and hot-water supply.

LIGHTING.—By a wide concensus of opinion, electric light has a high place of honour among domestic labour-saving discoveries. If electricity is not the general lighting power in your house, avail yourself of it through the medium of electric lamps and torches, which obviate all risk of candle-grease droppings and do away with the work of cleaning candlesticks.

Numerous other labour-saving appliances are referred to herein, under various headings of domestic affairs to which they are particularly appropriate.

See also **FRUIT - CUTTING MACHINES** ; **VEGETABLE CUTTERS** ; and **VEGETABLE-CUTTING MACHINES.**

LAMB.

Lamb is, as you know, a very near relation to mutton. You will not, therefore, be surprised to hear that it can be boiled, braised, fried, grilled, roasted and stewed by the same methods that are employed in the cooking of its parent.

The butcher, too, treats lamb like

mutton when cutting it up into joints, with the one exception that if he is dealing with a very small carcass he divides it into quarters—a hind-quarter includes leg and loin, whilst a fore-quarter comprises shoulder, breast and neck.

It is customary to serve *Mint Sauce* with roast lamb.

For *Choice of Joints, General Principles of Cooking Lamb*, and *Recipes*, see MUTTON.

RECIPES.

The additional recipes given below are specially applicable to Lamb as distinct from Mutton.

Lamb's Fry includes liver, sweetbread and choice parts of interior fat. Frying is the usual method of cooking; cut liver into slices and fat into pieces suitable for serving, and fry plain or dip in batter before putting into pan (see PASTES AND PASTRY). In either case some of the fat should be fried first, the pan having previously been well heated, to extract liquid fat in which to cook the liver.

Lambs' Sweetbreads.—These are considered a delicacy.

To prepare Sweetbreads for Cooking.—Soak in cold water for at least an hour; a longer time is better, and you can, with advantage, put them to soak overnight. Put soaked sweetbreads into a saucepan, cover with cold water, bring slowly to boil, cook gently for another two or three minutes, and transfer to a basin of cold water where they should stay till they are quite cold—or wash under a running tap, or in several changes of water, until quite cold. Drain and dry well. This preliminary process is known as “blanching,” and makes the sweetbreads firm and white.

Ris d'Agneau aux Petits Pois.

—Put blanched sweetbreads in a saucepan with sufficient cold water, slightly salted, just to cover them. Bring to boil, after which cook gently until tender. Drain and leave to cool and dry. Dust lightly with flour seasoned with salt and pepper, dip in beaten-up egg, roll in breadcrumbs and fry in hot butter. Serve with green peas, plain boiled (see VEGETABLES, TO COOK).

Ris d'Agneau à la Béchamel.

—Boil as above, but in white stock instead of water. Drain, and serve with Sauce Béchamel poured over them (see SAUCES). Garnish with truffles and stewed button mushrooms.

Mint Sauce to serve with Roast Lamb.—*Ingredients*—A few sprigs of mint, vinegar, sugar. Use white wine vinegar for preference. Wash mint, pick off leaves and chop them fine. Put chopped mint into vinegar, add sugar to taste, stir, and leave standing for a few minutes before serving.

LEEKs.

Recipes for Cooking,
see VEGETABLES, TO COOK.

LEGAL.

MASTER OR MISTRESS AND DOMESTIC SERVANTS.—*Liability of Master or Mistress*—A master or mistress wishing to dismiss an outdoor or indoor domestic servant must, under ordinary circumstances, give the servant a calendar month's notice, or a calendar month's wages, in lieu of notice.

Should employer prefer the alternative of paying a month's wages, no allowance need be made to servant for board or lodging.

Generally speaking, domestic

LEGAL—*Continued.*

servants are entitled to a month's notice or a month's wages in lieu thereof, even when it has been customary to pay them weekly.

Under certain grave circumstances, master or mistress is justified in dismissing a servant without notice; such circumstances include drunkenness, dishonesty, seriously immoral behaviour or criminal misconduct on part of servant.

Master or mistress is not legally bound to give servant a character. But when a character is given it must be strictly truthful. A true character is a privileged communication in the eyes of the law, provided there is no malice in it; hence when unpleasant truths are told with a clear conscience, master or mistress need have no fear of an action for libel or slander.

No deductions may be made from servants' wages for things lost or broken, unless a special agreement to that effect has previously been made. In theory, however, a servant is responsible for negligence, and in the case of habitual or gross negligence leading to injury of employer's property, a servant has the choice of voluntarily making reparation or being sued for damages.

Master or mistress is responsible for seeing that domestic servants are insured under the National Health Insurance Act, for contributing a stipulated proportion of the weekly insurance payment, and for seeing that National Health Insurance stamps are regularly affixed to the official insurance cards.

Contributions to National Health Insurance do not exempt master or mistress from liability to servant in respect of accidents; such liabilities should be covered under a separate insurance (see **INSURANCE**).

Liability of Servants.—Under ordinary circumstances a domestic servant has not the privilege of a master or mistress to decide on parting at a moment's notice. An offer to forfeit wages due or even to pay employer "a month's wages," does not legally free a servant from the duty of giving a month's notice. If a servant leaves without employer's consent, not having given a month's notice, or at any time before the month expires, employer is not only entitled to keep wages due but to sue for damages. A servant has, however, the right to leave employer without giving the customary notice under certain grave circumstances, such as reasonable apprehension of danger to life or limb, failure of the master to carry out his part of the contract, such as omitting to supply food when it was the master's duty to do so, and severe ill-treatment.

LANDLORD AND TENANT.—See **AGREEMENTS**.

LETTUCE.

Recipes for Cooking,
see **VEGETABLES, TO COOK**.

LIAISONS,

see **SAUCES, SAVOURY**.

LICENCES.

A Declaration must be made on an official form issued for the purpose, and Licences obtained by:

- (a) Every person wearing or using Armorial Bearings.
- (b) Every person employing any Male Servant.
- (c) Every person keeping any Carriage during any part of the year.

No Declaration need be made, but a licence must be obtained by:

- (d) Every person keeping a Dog.

SCALE OF CHARGES.

DESCRIPTION.

Armorial Bearings:—

	<i>Duty on each.</i>		
	£	s.	d.
Worn or used otherwise than upon a carriage	1	1	0
Painted, marked or affixed on or to a carriage (including the use in any other manner)	2	2	0

Carriages:—

With less than four wheels	0	15	0
With four or more wheels:			
For one horse	1	1	0
For two or more horses	2	2	0

Dogs 0 7 6

Male Servants 0 15 0

Motor Cars:—

Motor Bicycles or Tricycles	1	0	0
Other Motor Cars:			
Not exceeding 6½ horse-power	2	2	0
Exceeding 6½ but not 12 h. p.	3	3	0
„ 12 „ 16 „	4	4	0
„ 16 „ 26 „	6	6	0
„ 26 „ 33 „	8	8	0
„ 33 „ 40 „	10	10	0
„ 40 „ 60 „	21	0	0
„ 60 horse-power	42	0	0

DEFINITIONS AND EXEMPTIONS.

Armorial Bearings.—DEFINITIONS—

1. The term “Armorial Bearings” means and includes any Armorial Bearing, Crest or Ensign, by whatever name the same shall be called, and whether such Armorial Bearings, Crest or Ensign shall be registered in the College of Arms or not.

2. Any person who keeps a Carriage, whether owned or hired by him, is deemed to wear and use any Armorial Bearings painted or marked thereon or affixed thereto.

3. A Licence to use Armorial Bearings on a Carriage includes the use of Armorial Bearings in any other manner.

EXEMPTIONS—*Licences are not required from:*

1. The Proprietors of Public Stage Carriages or of Hackney Carriages licensed by Local Authority in respect of any Armorial Bearings marked thereon, or on the harness used therewith.

2. Any Officer or Member of a Club, or Society, using at the Club, or on the business of the Society, any Armorial Bearings for the use of which such Club, or Society, has taken out a Licence.

Carriages.—DEFINITIONS:

1. The term “Carriage” means and includes any Carriage (except a Hackney Carriage) drawn by a Horse or Mule, or Horses or Mules, or drawn or propelled upon a road or tramway, or elsewhere than upon a railway by steam or electricity or any other mechanical power.

2. Every Person who lets any Carriage or Motor Car for hire for a less period than one year is deemed to be the Person keeping such Carriage or Motor Car; but when the hiring is for a year or any longer period the Hirer is deemed to keep the Carriage and must take out a Licence for it in his own name.

EXEMPTIONS—*Licences are not required:*

For Carriages laid by but not used at any time within the year.

The benefit of the above exemption is not forfeited by reason of the use of any carriage without payment for the Conveyance of Electors to or from the poll at any Municipal, County Council, or Parliamentary election.

Male Servants.—DEFINITIONS:

1. The term “Male Servant” means and includes any Male Servant employed in any of the

LICENCES—*Continued.*

following capacities, viz. as Maître d'Hôtel, House Steward, Master of the Horse, Groom of the Chambers, Valet de Chambre, Butler, Under Butler, Clerk of the Kitchen, Confectioner, Cook, House Porter, Footman, Page, Waiter, Coachman, Groom, Postillion, Stableboy or Helper in the Stable, Motor Car Driver, Gardener, Under Gardener, Park-Keeper, Gamekeeper, Under Gamekeeper, Huntsman, and Whipper-in, or in any capacity involving the duties of any of the above descriptions of Servants.

2. The term "*Male Servant*" does not include:—

(a) A Servant who, being *bona fide* employed in some other capacity, is occasionally or partially employed in any of the said duties:

This exemption applies to persons who, being engaged and employed by one master, perform non-taxable work as their substantial employment and taxable work in a minor degree only, as for instance—Apprentices who clean boots, or Farm Servants who are occasionally employed in grooming horses.

(b) A person *bona fide* engaged to serve for a portion only of each day and who does not reside in his employer's house.

This exemption does not apply to those who serve in a taxable capacity for such number of hours daily as suffices for the performance of a fair day's work.

3. The person furnishing a Male Servant on Hire is required to make the return and pay the Duty on such Servant.

GENERAL INFORMATION:

1. Forms of Declaration and

Licences can be obtained at any Post Office which transacts Money Order business.

2. Licences must be taken out for the current year before the end of January or within twenty-one days after liability is incurred.

3. If a duly qualified Medical Practitioner or registered Veterinary Surgeon proves to the satisfaction of the Local Authority that any Motor Car kept by him or her is kept for professional purposes, he or she will be entitled to an allowance in respect of the duty payable on such Motor Car equal to half the duty so payable.

4. Persons taking out Licences for Carriages used for the first time in any year, on or after the 1st October, are entitled to reductions of the rates quoted on p. 169. These Licences must be applied for on a Special Form of Declaration.

5. Dog Licences are not transferable, and other licences are not transferable by Law to any person except the Widow, Executor, Administrator, or Assignee in Bankruptcy of the person to whom they were granted.

6. When further duty is payable by reason of any change in the character of any Carriage kept, or in the mode of wearing or using Armorial Bearings, the duty already paid in respect of the Carriage or Armorial Bearings will be allowed or repaid. In all such cases application should be made to the Council of the County, or County Borough, in which the further duty is to be paid, in the first instance, for a certificate of the sum proper to be allowed or repaid. Such certificate should then be produced at the Money Order Office when further payment is being made.

LIGHTING.

The principal mediums of artificial light are :

Candles.	:	Gas, Air or Petrol.
Electricity.	:	„ Coal.
Gas, Acetylene.	:	Oil.

Nowadays, most houses in towns and suburbs come within the radius of a gas or electric lighting company's services. But although a few country houses are situated within range of similar facilities, the majority of them are out of bounds. For people with even moderate incomes living in such houses there are sources of lighting far superior to candles and oil-lamps.

The simplest and cheapest lighting installation for a single house, where coal-gas or electricity is not available, is an **ACETYLENE GAS PLANT**. Prices for plant, pre-war figures—

Approximate 24 lights .	·	£16
„ 40 „ .	·	£25
„ 80 „ .	·	£35

Plant can be installed in an existing house; pipes are small and consequently not obtrusive in appearance. Safe, durable, does not require skilled attention, makes less work than lamps and gives a brilliant light.

An alternative is an **AIR-GAS PLANT**. Care should be taken that power is non-explosive. Installation is about twice as costly as for acetylene gas, but power can be used for cooking and heating as well as for lighting. Simple in use.

An **ELECTRIC-LIGHTING PLANT** for a single house is, at present, a luxury, but a very delightful luxury when you can afford a few hundred pounds for the installation.

CANDLES AND LAMPS.—In a house which is not connected with a central supply of gas or electricity, or which is not equipped with a special plant, recourse must be had to candles or lamps.

Despite the competition of up-to-date lighting facilities, considerable progress has been made in the manufacture of oil lamps, both as regards lighting power and safety devices. As alternatives there are self-contained acetylene lamps and electric lamps.

An emergency supply of candles or lamps should always be kept in a country house that is lit by electricity, for, if the light fails, the services of an electrician may not be immediately available.

LINEN,

see **HOUSE, EQUIPMENT OF;**
MARKING; **PACKING;** and
SHEETS, TO RENOVATE.

LINEN, OLD.

Never throw this away as it is invaluable, in case of illness or accident, for bandages, poultices, etc.

LINOLEUM,

see **HOUSE, EQUIPMENT OF,** under
Floor Coverings.

LOBSTER.

Lobster is usually sold ready boiled, and in this simple form is such excellent fare that many people think it a sin to dress this king of shell-fish otherwise. Serve in shell, with mayonnaise sauce in a sauce boat. Or, pick flesh from shell and serve as a simple salad with French lettuce and a mayonnaise dressing (see **SALADS AND SALAD DRESSINGS**).

LOGANBERRIES.

To Bottle, to Pulp,

see **PRESERVING FRUIT.**

LUMBAGO.

Paint seat of pain lightly with tincture of iodine, and cover with cotton wool. Or, apply a mustard plaster.

M

MACARONI, and other Italian Pastes.

Macaroni and its various relations, such as spaghetti, are cereals in paste form, consisting simply of flour and water. A stiff paste is made in factories from special varieties of hard wheat, and the dough is then moulded by machinery—the dough is put into cylindrical vessels which are fitted with a bottom like a steamer and it is squeezed through the holes by a piston, thus emerging in its characteristic form of tubular threads. The threads are cut off at regular intervals and hung up to dry. The size of the threads depends on the size of the holes, and decides whether the paste is to be called macaroni, spaghetti, vermicelli, or one of many other fancy names.

You can make very good macaroni at home with ordinary flour, but you will have to be content with cutting it into ribbon form, and you cannot store it for an indefinite period as is possible with the manufactured product (see **MACARONI, HOME-MADE**, p. 202).

Macaroni and all its relations are used by their inventors, the Italians, as the mainstay of life. In recent years, their popularity has so increased among people of other countries that rival factories have now sprung up. Some of the best quality macaroni and allied pastes now come from the United States and Canada.

Remember that these products are made of flour, and you will find it easier to cook them well and serve them as the main ingredient

of numerous savouries and sweets. Here are a few hints:

Macaroni, to Boil.—Put macaroni into boiling, salted water. Do not break it up or force it into the pan in any way; the boiling water will soon soften the part that is first placed in and the heat will run up the sticks, so that after a few seconds you can easily twist them round and push them lightly under the water.

Boil till tender—30 to 40 minutes, stirring occasionally with a wooden spoon to prevent massing and adhesion to sides of pan. Strain.

RECIPES.

Macaroni au Gratin.—Boil macaroni and strain. Now put it into a fireproof dish which can be sent to table, sprinkle with grated cheese and dot over with bits of butter. Cook in a moderate oven for a few minutes to melt cheese and brown surface.

Macaroni Mould.—Fill a fireproof mould, previously buttered, with boiled macaroni. Pour in tomato purée to fill in interstices—the tomato purée should previously have been thickened with cornflour or ground rice. Cover with a buttered paper and steam for half an hour. Serve in mould in which it has been cooked, and hand round tomato sauce; or turn out on to a dish and pour over the tomato sauce.

Macaroni Mould à la Russe.—Boil and strain macaroni; return it to saucepan and stir in a good lump of butter, some grated Parmesan cheese, salt and pepper.

Butter a mould and line it with breadcrumbs. Pack it half full with prepared macaroni, and above this put a layer of smoked salmon cut in slices, which have been dipped into a thick and good tomato sauce. Fill up mould with prepared macaroni. Bake in a hot oven until macaroni looks nicely brown. Turn out the mould and serve with tomato sauce.

Macaroni Pudding.—Macaroni in proportion of not more than 1 oz. to a pint of milk.

Boil the milk with a pinch of salt in it. Break macaroni into short lengths, put them into the boiling milk and cook till tender. Add sugar to taste and a little bit of butter, stir to melt. Turn into a buttered pie-dish and bake in a slow oven until surface is nicely brown—20 to 30 minutes.

Serve hot or cold.

Spaghetti, to Boil.—Proceed as for macaroni, but time for boiling tender is only about 15 minutes, as this paste is considerably thinner.

Spaghetti Napolitaine.—Boil and strain spaghetti. Return it to saucepan, add a piece of butter or good dripping, such as bacon fat, and shake over the fire till fat is melted. Sprinkle with grated cheese, add a few tablespoonfuls of tomato sauce and stir to mix. Serve very hot.

Spaghetti and Honey Pudding.—Very good for the children. Boil milk and stir in honey. Pour boiling mixture over uncooked spaghetti, 1 to 2 oz. of spaghetti to a pint of the liquid mixture. Bake in a moderate oven for 1½ hours.

MACARONI, HOME-MADE,

see PASTES AND PASTRY.

MACE.

This spice is a network covering which, in its natural state, surrounds the spice nutmeg. Use it for flavouring sauces and stews.

MACKEREL.

Mackerel may be baked, boiled or grilled—for details of these methods, see FISH. Some people like it pickled and served cold. Seasonable April to July.

Maquereau à la Maître d'Hôtel.—Fish having been duly gutted and cleaned, split it down the back and season it with salt and pepper. Grill over a clear fire on a gridiron, the bars of which have been well heated and greased to prevent sticking. *Time*: 20 to 25 minutes. To serve: sprinkle with chopped parsley and a few drops of lemon juice, and put a generous portion of butter on top.

To Pickle Mackerel.—Fish having been duly gutted and cleaned, you should proceed to take out the roes. Put mackerel in a fire-proof dish, interspersing roes among them. Season with salt and pepper, add about a dozen peppercorns, half-a-dozen allspice and a couple of bay leaves. Pour over these ingredients vinegar and water in proportion of 1 pint of former to ½ pint of latter. Tie down with a greased paper and cook in a slow oven. *Time*: about 1 hour. Let the mackerel cool in the pickle and remain therein until mackerel is needed to be eaten.

Of all varieties of fish mackerel is most liable to go bad under the least provocation. If for any reason you have to buy this fish the day before you require it for use, cook it over night and warm it up when required.

MAIZE MEAL.

Maize meal is considered to be one of the most nutritious of cereals, and it has the advantage over most cereals of containing a good proportion of fat. It is simply the ground grains of maize or Indian corn; when coarsely ground it may contain indigestible fragments of the husk, but the finely-ground meal is carefully sifted and thus rendered easily digestible.

Maize meal is largely eaten in Italy, where it is served in the form of a porridge known as "polenta."

TO COOK MAIZE MEAL.—Gradually drop the meal like gentle rain into boiling salted water and stir continuously until sufficient meal has been added to absorb all the water. Maize meal swells very quickly, and you will soon realise from the consistency of the mixture when it is time to stop dropping in supplies. After mixture has thickened, stand aside to simmer gently for about 10 minutes—stir frequently.

RECIPES.

Maize Meal Mould, Sweet.—

Boil maize meal as above directed, but drop it into slightly salted boiling milk instead of water, and when cooked, stir in sugar to taste. Or, boil in fruit syrup. When mixture has thickened and been allowed to cook gently for about 10 minutes, turn it into a mould, previously rinsed out with cold water. Leave to get cold.

Turn out of mould on to a dish or plate and serve with jam, stewed fruit, or a sweet sauce.

Polenta.—Boil maize meal in water as previously directed, and when cooked stir in a piece of butter. Serve hot as porridge. Or, shape into balls and serve with a meat stew.

POLENTA AND CHEESE. — Spread boiled maize meal on a dish in a layer of half an inch in thickness. When it is cold, cut it in squares or triangular pieces, transfer to a well-buttered fireproof casserole, sprinkle with grated cheese, dot over with little bits of butter, and bake in a moderate oven for about 20 minutes.

POLENTA AND SAUSAGES. — This is a popular Italian dish, known in its native land as Polenta "Alla Bologna."

Boil maize meal in water as previously directed, then stand it aside to cool a bit. Meanwhile, lightly fry some sausages. Into a fireproof mould put a layer of the cooked maize meal and above this put a layer of slices of sausage, to which add a sprinkling of grated cheese, a little tomato purée, salt and pepper. Repeat layers until dish is nearly full. Cover with bread-crumbs, dot over with a few little bits of butter, and bake in a moderate oven until surface is a nice golden-brown colour. *Time of baking*: about half an hour.

MARBLE, TO CLEAN.

Prevent discoloration by careful treatment.

Anything spilt or splashed on pantry slabs, slab for pastry-making, tops of washstands and suchlike household appointments that may be made of marble, should be at once wiped up. Outside of basins, bottles, vases, etc., should be wiped perfectly dry before these articles are put down on marble mantelpiece or table-top.

Scrub weekly with a nail-brush kept for the purpose, and warm lather of soap and water; rinse and dry thoroughly. Treat occasionally with a good make of marble cleaner.

See also **RUST.**

MARJORAM.

The leaves of this herb have a strong smell and sharp flavour. Use it sparingly in the preparation of sauces and stews that contain onion, and as seasoning for turtle soup.

MARKING.

All household linen, blankets and washable wearing apparel should be marked. Do not make exceptions, even in such cases as stockings and flannels which are to be washed at home—they might go away on a visit and need an identification mark.

Marking can be done in several different ways, choice depending partly on your taste and partly on the nature and quality of the garment. Collars and cuffs are usually marked with indelible ink. For other articles of wearing apparel, linen and blankets, neater methods are hand-embroidered names or initials, or tape bearing machine-sewn name, initials or monogram. Initial or name tapes are now made to order, and can be obtained through almost any drapery establishment; a wide range of choice is offered in style, colour and size of marking.

Several firms now undertake to deliver new purchases to you ready marked; you choose the method and style and pay accordingly—a trifling sum, unless you select hand-embroidered work, which is always preferable, if you can afford it, for “purple and fine linen.”

MARMALADE, TO MAKE.

Although marmalade is akin to jam, most of us can sympathise with the people who feel martyrs when they are offered the latter for breakfast instead of the former. And although preserves made from a

variety of fruits such as apples and greengages are often called marmalade, most of us regard them merely as substitutes for the genuine article which, according to our translation of the name, should be made from a majority of Seville oranges, a few sweet oranges and a lemon or two.

To make Orange Marmalade.

—*Relative number of Oranges and Lemons*—12 Seville oranges, 4 sweet oranges, 2 lemons. Weigh fruit.

Cut up fruit, with rind on, into thin or thick slices, according to whether you prefer shredded or chunky marmalade. Pick out all the pips and put them in a basin.

To every pound of fruit allow 3 pints of cold water, pouring 1 pint on the pips and the other 2 pints on the cut fruit. Leave all to soak for 36 hours—pips and water in basin, cut fruit and water in a big bowl, both receptacles covered over with a clean cloth.

As the result of soaking the pips a jelly will have been formed; strain this off and add it to the fruit and juice in the big bowl. Now turn contents of big bowl into preserving-pan and boil until rind of fruit is quite tender. Turn back into bowl and leave to get quite cold.

Weigh the cold pulp and to each pound allow 1 lb. of sugar. Put sugar and pulp into preserving-pan, stand to side of fire until sugar melts, then move pan over fire, bring contents to boil and continue boiling for about three-quarters of an hour or a little longer until marmalade sets. Stir constantly. Test consistency by putting a little of the mixture on a cold plate. Transfer from preserving-pan to well-heated pots or glass jars and tie down immediately.

MARROW.*To Bottle,*

see PRESERVING VEGETABLES.

MEAT, CHOICE OF.

CHOICE depends mainly on :

1. Purpose you want meat to serve, and method of cooking to suit convenience and taste. For instance, you must be guided by whether you need an entrée or a mainstay dish, and whether the general arrangements of your menu make it more convenient for you to devote oven space or top-of-the-stove space to cooking of meat.

2. Size of Family. Large joints are undoubtedly more tasty, but in a small family they are a one-meal luxury for which the household has to pay dearly by eating cold meat or made-up dishes for days on end.

3. Housekeeping Allowance.

4. Quality and Variety of meat your butcher can offer you. As an ox only has one tail, a sheep two kidneys, and all the choice parts of all animals are to some extent limited, you should order in advance any cut or tit-bit you may specially require for a particular day. Even the best of butchers who cater on a large scale may run short of what you happen to want on the spur of the moment. Quality depends largely on method of cooking ; it is not always the butcher who is responsible for tough or stringy beef. A reputable butcher should make it his business to supply you with wholesome meat of the best quality obtainable at the price you are prepared to pay ; but to safeguard your interests, both as regards health and pocket, bear in mind the following important points :—

(a) Meat should look firm and juicy, not hard and dry or wet and flabby. Test it with

a press of your thumb ; there should be no strong resistance to the pressure, but, equally, when you release your thumb, there should be no distinct dent left behind, and your thumb should bear scarcely a trace of moisture.

- (b) Red meats should not be anæmic or purplish in colour, or white meats belie their name.
- (c) Take particular care to notice the grain of meat, and avoid coarse-grained flesh except for stock.
- (d) Should you ever feel it necessary to smell a piece of meat before buying it, the best thing you can do is to change your butcher without delay.
- (e) Butchers are only human— they are sometimes tempted to take the kidney out of a loin of mutton, to forget to trim chops, to include suet at sirloin price, or to weigh in a bony trotter with a leg of mutton. Be on the alert to look after your own interests.

For *Methods of Cooking, Recipes, etc.*, see respective headings for varieties, such as BACON, BEEF, LAMB, MUTTON, etc.

MEDICINE CHEST, for Family Use.

Should contain the following :

Ammoniated	Carron Oil.
Quinine.	Castor ,,
Antipyrine.	Court Plaster.
Arrowroot.	Cotton Wool, ab-
Aspirin.	sorbent.
Bandages.	Cotton Wool,
Bicarbonate of	medicated.
Soda.	Eau de Cologne.
Boracic Oint-	Embrocation.
ment.	Ether.
Boracic Powder.	Eucalyptus.

Friar's Balsam.	Oilskin.
Glycerine.	Peppermint, Es- sence of.
Goulard's Water.	Peroxide of Hydro- gen.
Grasshopper Ointment.	Phenacetin.
Iodine, Tincture of.	Rectified Spirit.
Lavender Water.	Senna Pods.
Linen, Old.	Scissors.
Linseed Meal.	Smelling Salts.
Lint.	Thermometer, Clinical.
Medicine Glass.	Turpentine.
Mustard.	Vaseline.
Methylated Spirit.	Vaseline and Ich- thyl Ointment.
Methylated Spirit Lamp.	
Newskin.	

See also FIRST AID.

MENDING AND REPAIRING.

Home Needlework.—It is the business of every housewife to be responsible for the mending of the household linen and the family's clothes. It is not necessarily her duty to do the whole of such work herself; on the contrary, she may have the still higher duty of apportioning out a share of it to a growing-up daughter, or, it may be that other calls on her talents make it expedient for her to delegate the mending to a member of her staff. But under no circumstances should she feel exempt from the responsibility of seeing that all the mending is done regularly and efficiently.

Now that it has become customary for washing to be sent to a laundry, some people are of the opinion that clothes should be looked through and any necessary repairs done before the washing list is made out. Although it must be admitted that laundry machinery is prone to work mischief among weak spots, handling of soiled linen is undesirable both from the point of view of hygiene and sentiment. Besides, even if the clothes are in a thorough state of repair when they go to the

laundry, they cannot be put away without examination when they come back, for laundries are as proficient at dislodging well-fixed buttons as loose ones, and at tearing new garments as badly as old ones. In the case of an accident happening to linen—such as a rent to a sheet caused by contact with the spring or one of the castors—repair same before sending article to the wash; also, table linen or any other articles that are to be starched, should be repaired prior to washing, as subsequent handling for the purpose easily results in creasing. But, as a general rule, carefully look over all linen and garments after they have been washed either at home or at laundry, and do all necessary mending before putting things away—interpret that word “necessary” as meaning weak places as well as actual holes, and tapes or buttons that have a thread loose as well as those hanging by a thread.

Mending materials should correspond not only in colour, but in substance and texture with fabric to be repaired.

There are many other things in a house besides household linen and personal garments that are apt to need the help of a needle and cotton from time to time; keep a watchful eye on curtains, cushion-covers, chair-covers, rugs and suchlike equipment—a ring off a curtain, a tassel off a blind, or a loose bit of fringe on a hassock may give a whole room a dilapidated air.

Invisible Mending.—In the mending of fabrics, a particularly neat effect can often be obtained by using threads extracted from a piece of the fabric itself. If you have not any bits or pieces which you can unravel, you can sometimes draw out a thread from a hidden part of

MENDING.—*Continued*

the article itself. Such threads, exactly corresponding with garment to be mended, should always be used for repairing silk, cotton or woollen dresses and blouses; trousers, coats, overcoats and suchlike garments. By this means, a good job can often be made at home of darning a small rent or tear in such garments, but damage on a bigger scale, particularly to new clothes, calls for professional attention. Various firms now make a speciality of invisible darning. If you have the misfortune to jag a good dress, if your husband or brother burns a hole in his new coat, or if your sportsmanlike son tears his trousers in climbing a tree, take the injured garment, together with a piece of the same material, to an invisible darning establishment, and the article which you bemoaned as ruined will be returned to you so well healed that you will not be able to find the locality of the wound, even if you know where to look for it.

Tool-box Repairs.—The need arises very frequently for little jobs of mending that cannot be done with a needle—a tack is wanted here, a screw is needed there, and something else is calling for the glue pot. The housewife may logically argue that these are jobs for the man of the house. But numbers of women who have the good fortune to live amongst their own furniture are not housewives in the marital sense of the name; besides, even when there is a man of the house he seldom notices such trifling things as a screw loose—a metal screw of course—unless his attention is drawn to the defect. It is often simpler and quicker to do such little jobs yourself by the aid of your friend the TOOL-BOX (see p. 310) than to

call even on a willing man to help. If damage to any of your goods and chattels is beyond the possibility of home repair, seek the professional assistance, without delay, of tinker or cabinetmaker as the case may demand.

See also **GLOVES**; **SHEETS, TO RENOVATE**; and **SOCKS AND STOCKINGS**.

MEN SERVANTS, LICENCES FOR KEEPING,

see **LICENCES**.

MILDEW, To Remove from Fabrics.

Ugly mottled spots resulting from dampness are known as "mildew." To remove these blemishes, damp affected parts of fabric, rub well with soap, then rub in some powdered French chalk. Hang or lay article out in the open, if possible in the sun, and renew dressing of chalk at intervals, keeping portions of fabric under treatment fairly damp.

MILK.

Some day we shall insist, as a nation, on being supplied with pure milk. It will not be open to us as individuals to decide whether we think it worth while having milk from a Certified Dairy Farm via a Certified Retailer; nor, if we decide in the affirmative, shall we be driven to the conclusion that such choice is a farce, seeing that we live in a neighbourhood for which no "certified ones" happen to cater. In the not far distant future, be it hoped, all milk will be delivered in bottles under a seal which is a guarantee that it comes from a healthy herd, and that the strictest laws of hygiene and sanitation have been observed throughout every stage of its journey from cow to consumer.

Meanwhile, bear in mind that milk is very susceptible to contamination, and do all you can to protect it from the time it becomes your individual property. See that jug or bowl in which it is taken from milkman is scrupulously clean; remember that a jug or bowl, even when it has been well washed after previous use, may be dusty when it has been resting on kitchen dresser. Keep milk in a cool place and cover with butter muslin as a protection against contamination by flies, etc.

In hot or thundery weather, even the freshest of milk is liable to turn sour; to guard against this tendency, boil any surplus not required for immediate use.

MILK PUDDINGS.

This is the family name comprising puddings in which the main ingredients are milk and a cereal in its natural form of a grain or in any of the forms, such as powder, meal or Italian pastes, into which cereals are changed at mills and factories. Sugar is added for sweetening, and a few little bits of butter or shredded suet may be included to enrich the milk. Cereals are rich in starch, but lack fat; when they are combined with milk and a little bit of butter or other fat, the result is a very nourishing mixture which is very nice if well cooked by baking in the oven.

The principal cereals used in making milk puddings are: cornflour, ground rice, macaroni, maize meal, rice, sago, semolina, tapioca and vermicelli.

Some people add eggs to a milk pudding—but if you mean to make a custard, do so in the orthodox way and call it by its proper name; and if you mean to make a milk pudding do not transform it by

the addition of eggs into a mongrel, that is neither a good custard nor a good milk pudding. Among milk puddings, cornflour is the one and only variety that is improved, rather than spoiled, by the addition of eggs—according to the opinion of several gourmets, who consider a well-made rice or tapioca pudding is even nicer than trifle or tipsy cake.

See under respective names of Cereals enumerated in preceding remarks—**CORNFLOUR**, **MACARONI**, etc.

MILLINERY, HOME.

With a short length of wire, a bit of book muslin or sparterie, a little piece of silk and a few scraps of ribbon or embroidery, one woman will put together a headgear that you would not wear if it were given to you, whilst another with the same materials will create a hat for which you will pay anything from 25s. to 3 or 4 guineas and never grudge one penny of the price. The difference in value represents Millinery.

There are many branches of millinery, and even if you have not the necessary training and natural bent for the entire creation of a “model,” you may be clever enough at some part of the *métier* to save a good deal of money and get much pleasure by partly making your own hats. Many a woman who is her own assistant-modiste succeeds in looking better chapeauted than others who spend considerably more money on this important item of the feminine toilette.

The principal branches of millinery are:

- MAKING SHAPES.
- MAKING UP TRIMMINGS.
- MAKING TRIMMINGS.
- ARRANGING AND ATTACHING TRIMMINGS.
- LINING.

MILLINERY—*Continued.*

The MAKING OF SHAPES, in wire, straw or any of the materials used for this purpose, is highly skilled work, requiring not only technical training, but an outfit of special tools and utensils such as pliers, specially-shaped knives, frames and blocks. The amateur who lightly undertakes this work little understands that milliners who are at the top of the tree in their profession employ specially-trained hands for this branch of the work.

Every large drapery establishment now stocks a wide variety of ready-made shapes, some fashioned according to the mode of the season, others designed to meet special requirements as regards service and individual fashion. Such shapes may be skeletons or bodies that require covering; ready-covered; or straws that only need trimming. By the purchase of a straw or a ready-covered shape the chances are well in favour of benefit to both your purse and person. But unless you fully understand what you are undertaking, and have cutting-out experience and sewing ability which give you some basis of reasoning for anticipating success, do not attempt to cover a shape. Generally speaking, you have only to look at a hat covered by an amateur, who tells you how easily the job can be done, and you will lose all ambition to experiment likewise.

The MAKING UP OF TRIMMINGS is a very different matter from making trimmings. There are certain decorative creations, such as feathers and wings, which are taken from nature to serve as personal adornments; to adapt them for millinery purposes, such things are often chemically treated or subjected to some other mode of preparation,

with a view to increasing durability or heightening effect. Such work as dyeing feathers and making up wings is, again, so essentially a business for specialists that even the professional modiste considers it outside her scope. Beware of stepping in "where angels fear to tread" with a gum brush and the moulted feathers of a pet parrot! On the other hand, there are certain forms of trimming which the amateur can easily make up so as to adapt them for millinery purposes; for instance, padding a hollow ornament to take the stitching necessary for keeping it in place on a hat, or lining a piece of embroidery to serve as hat-band.

MAKING TRIMMINGS.—This is a many-featured branch of millinery which, if you have any taste for fancy-work, affords you numerous and pleasant opportunities of helping to make your own hats. Here are a few types of trimming that can be made at home by any deft amateur with a taste for fancy-work: woollen flowers, flowers in glove kid—if in white, they can be delicately tinted by painting—flowers in soft felt or other delicate materials; silk tassels; plaited bands in skeins of wool or silk of different colours; wool or silk pompoms; bands of suede or other material, embroidered in silk, wool or beads, or hand-painted; knitted bands; knitted crowns of angora wool; beaded tassels; patchwork buckles and buttons. There is, indeed, no end to the variety of such trimmings, and some amateurs become so proficient in the making of them as to derive quite a nice income by doing this work as a hobby in their leisure time. If you can make pretty trimmings for your hats, take care not to do them any injustice by

bringing them into contact with some other branch of millinery for which you do not happen to have ability.

ARRANGING AND ATTACHING TRIMMINGS.—By the considerable development on artistic lines that has recently been effected in ready-made trimmings for hats, a practical stimulus has been given to the pursuit of home millinery. Seeing that such trimmings emanate from factories and workshops which employ professional designers, fashion artists and a number of technically trained hands, their range is naturally much wider in price and variety than that of home-made garnitures. But even if you buy a pretty shape that suits you and a pretty trimming to adorn it, you need a certain amount of talent to combine the ready-made parts into a chic and becoming chapeau. Many women possess such talent as a natural gift; much may be done to acquire it by practice, observation and intelligent interest. There is much that can be learnt by looking at the trimmed models in a modiste's window, or by walking through the millinery salons of a first-class store; and many a hint can be picked up by unpicking an old hat that came from a Parisian *Maison de Modes*. Always remember that close stitching in millinery is not compatible with the professional touch; trimmings should look as if they were born to their position, and not as if they had been fixed there with stick-fast. In cases where the desired effect cannot be obtained by stitching, use long steel millinery pins such as are freely employed by experts. Have a looking-glass at hand all the time you are trimming a hat, and pay no attention to anyone who calls you vain for constantly

referring to it for guidance. The really vain woman is not she who asks a mirror to pass judgment on her hat, but she who thinks she can dispense with such precaution.

LININGS.—Ready-made linings are another boon to the home milliner, being cheap, professionally shaped and made in suitably thin silk. When using them, first loosen drawstring to an extent that will allow you to get your hand in easily. Holding material right side out, lower lining into crown until its headline edge reaches to a depth of about $\frac{3}{8}$ -inch beyond headline of crown. Run in from the inside as if tacking, but the understitches should be small and invisible. When lining has been sewn in, adjust drawstring to tightness necessary for hat to fit comfortably and smartly, and tie in a bow.

Renovations.—By the aid of ready-made trimmings, and of pure Castile soap or special preparations for cleaning, many a woman now works wonders in the way of renovating models originally bought from a good milliner. This form of economy finds its most successful exponents in those who realise its limitations.

In no detail of the feminine toilette does fashion change so rapidly as in hat shapes. It is impossible to make an old hat look like new if the shape is *démodée*—for instance, by no manner of clever manipulation is it possible to obtain a smart effect with a high crown when low crowns are the fashion, or with a smooth felt when beavers are the mode. Fortunately, a last season's shape can sometimes be induced by deft fingers to fall in line with present-day fashion; more often, it can be entirely re-modelled on up-to-date lines by specialists in

MILLINERY—*Continued.*

this class of work—good firms of dry cleaners now make a feature of re-modelling hat shapes. If, however, your last season's hat is still good but out of date beyond re-formation, store it carefully to await the time when fashion shall again favour it—and buy a new one. A shape that has remained fashionable may have become a bit dilapidated by service; take it to a cleaner to be reblocked before you retrim it.

MINT.

Mint is one of the commonest herbs used in the English home as a culinary flavouring. It is the principal ingredient of the sauce which is named after it, and without which roast lamb is considered incomplete. A sprig or two is generally put in the saucepan when green peas or new potatoes are being boiled.

When fresh mint is available, preference should be given to the leaves and sprigs of young and tender shoots.

Mint can be dried for use in winter. Cut shoots at base, tie in a bunch, and hang in a warm spot in the kitchen or in the sun, or put in kitchen oven at night when fire is low. Tie up dried bunches in a brown paper bag or muslin covering to protect from dust until required for use. Or, strip leaves from dried shoots, pound them and store in a tin box or in a well-stoppered glass jar—if required for a soothing infusion of "tea," do not pound leaves.

See also **TISANES.**

MIRRORS, TO CLEAN.

The *raison d'être* of a mirror is to reflect the image of a person or thing. It should therefore be kept spotlessly clean in order not to distort the objects which it reflects.

Never wet a mirror to the extent that moisture trickles down it and gets a chance of penetrating to back of glass.

Rub the face of the glass lightly over with a piece of soft non-fluffy rag moistened with methylated spirit or paraffin, and polish with chamois leather or a soft duster.

Fresh fly marks will yield to foregoing treatment; old ones may be removed by rubbing with the blue bag you use for washing, applied damp.

MONEY, MANAGEMENT OF.

How often we hear people say: "I can't think where my money goes." The confession usually provokes laughter, whereas even if it is only said in a joke it touches on a subject that is too serious for mirth.

You *should* know where your money goes, so that as it goes you have the satisfaction of feeling you are getting the best value for it. The meaning of value depends, of course, on individual taste.

Taking individual taste as the basis of arrangements for spending your money, let us see how to arrive at a system of managing your finances whereby you may live within your income, make the best of your life, and give all other members of your family the best chance of making the best of their lives.

Generally speaking, money must be divided up to meet the following claims:

Clothes.	Recreations.
Education.	Renovations and
Fuel.	Repairs.
Holidays.	Rent.
Housekeeping.	Savings.
Insurance.	Servants' Wages.
Light.	Sickness.
Pocket Money.	Taxes.
Rates.	

The question of what proportion of your income should be devoted to each claim on it cannot possibly be decided according to the laws of the Medes and Persians. Some people prefer to spend as little as possible on rent to leave a wide margin for holidays far afield; others prefer simple clothes so that they may well afford the wages of an extra servant; some may have two or three children to educate, whilst others have none.

When drawing up a plan for managing your money there are certain limitations by which you should be guided whatever be your circumstances and conditions:

Expenditure should be met out of income, never out of capital.

Rent is the centre of balance.

Underfeeding is the worst form of extravagance.

Thrift is no relation to meanness.

See also ACCOUNTS; BANKING; CAPITAL; HOUSE, CHOICE OF; INCOME; and INSURANCE.

MOSQUITO BITES.

Do all you can to protect yourself against them. Cover water butts or similar receptacles, as stagnant water offers mosquitoes their best-beloved breeding-place; in case of a pool or pond which it is difficult to cover with a lid, pour paraffin on the water. Anoint yourself with eucalyptus or some other pungent essence to keep the beasts at bay. Make careful selection from the number of preparations that are advised for driving off these pests, as the smell of some is so unpleasant as to drive off your friends as well.

If you have the misfortune to be bitten, dab the attacked portions of your person with pure malt vinegar.

MOTOR BICYCLES, CARS AND TRICYCLES, LICENCES FOR KEEPING,

see LICENCES.

MULBERRIES.

To Bottle,

see PRESERVING FRUIT.

MUSHROOMS,

see VEGETABLES, TO COOK.

MUSTARD, TO MIX.

Put a spoonful or two of mustard into a tea-cup or basin, and break it up, if necessary, into a fine powder with the back of a spoon—the grains should be well separated before any liquid is added. Mix into a smooth paste, of the consistency of cream, by stirring in cold water.

Carefully transfer from cup or bowl to mustard-pot. Mustard should never be mixed in the pot in which it is to be served, for the simple reason that the pot might easily be splashed to the extent of looking unattractively messy.

A few drops of salad oil stirred in with the mustard will retard the tendency of this condiment to dry up. A still better corrective to this tendency is to mix a little and often, and always to keep mixture in a closed pot.

Some people consider that mustard is improved by the addition of a little salt; others augment the piquancy of this condiment by the addition of a little vinegar and cayenne pepper tempered by a pinch of sugar; others, again, who find even plain mustard too pungent for their taste, soften the flavour by using cream or milk instead of water in the mixing.

MUTTON.

PRINCIPAL CUTS.	GENERAL METHOD OF COOKING.
<i>Breast</i>	Boil or stew.
<i>Chops and Cutlets</i>	Fry or grill.
<i>Leg</i>	Roast or boil.
<i>Loin</i>	Roast.
<i>Neck, best end</i>	Roast, or boil; or use as cutlets.
<i>Neck, scrag end</i>	Stew, or boil; or use for broth.
<i>Saddle</i>	Roast.
<i>Shoulder</i>	Roast.
ODDS-AND-ENDS AND TIT-BITS.	GENERAL METHOD OF COOKING.
<i>Head</i>	Boil, or braise; makes good broth.
<i>Heart</i>	Roast.
<i>Kidneys</i>	Stew, fry or grill.
<i>Suet</i>	Melt and clarify, to use as a cooking fat for frying.
<i>Tongue</i>	Boil, or braise.
<i>Trotters</i>	Boil, or stew.

CHOICE.

The lean meat of good mutton is darkish red in colour, whilst the fat is fine and white. Very fresh mutton is apt to be tough; texture and flavour are improved by hanging the meat for a day or two—a good butcher usually does this before offering the meat for sale.

GENERAL PRINCIPLES OF COOKING MUTTON.

Boiling.—Put meat into cold water if superior quality broth is required; into boiling water if you want the meat to retain the best part of its nourishment and flavour.

For good broth, long, gentle cooking is necessary; after water with meat in has come to boil, stand

pan to side of fire and allow to simmer very gently—if broth only is required, you can allow cooking to proceed until meat is practically reduced to shreds.

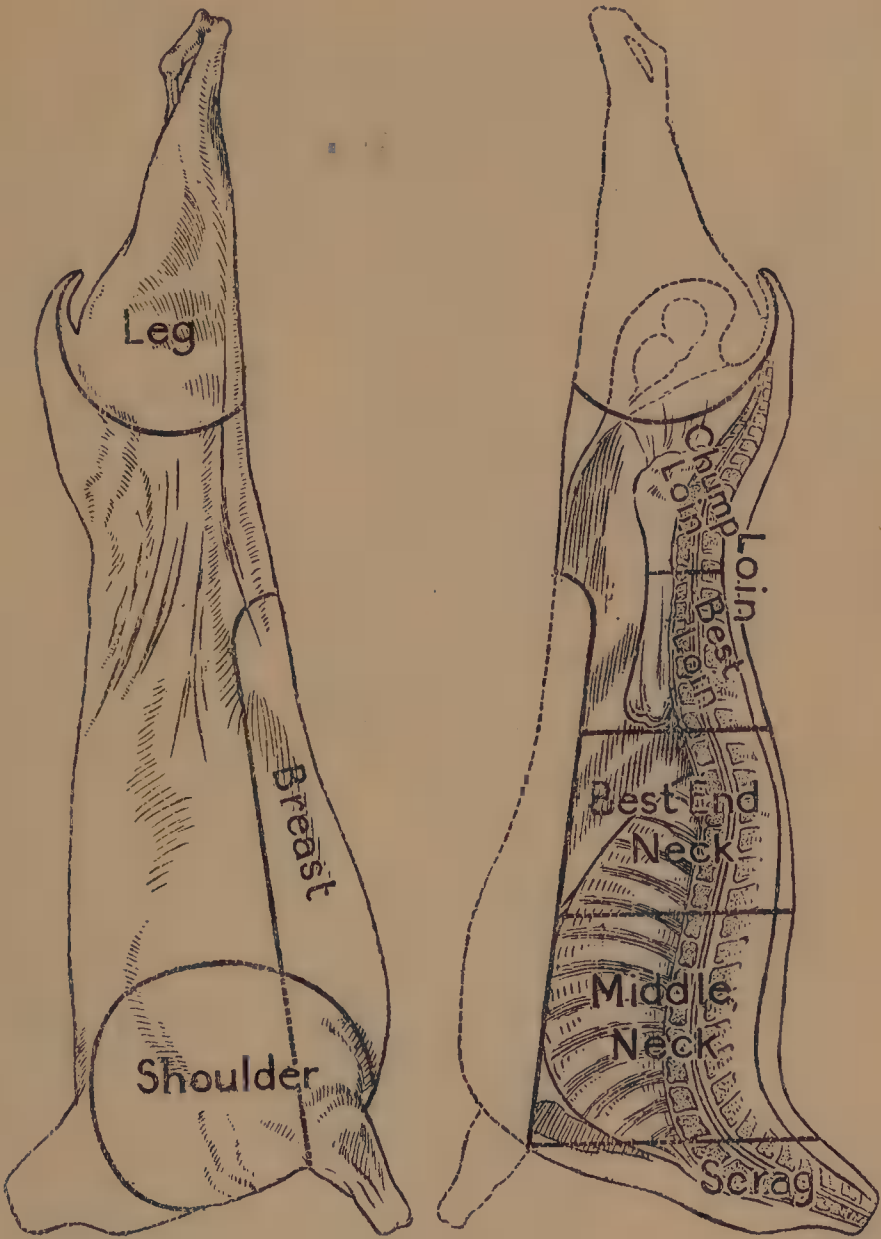
When meat is first consideration put it into boiling water, and after the water, thus cooled, again comes to the boil, reduce temperature, by drawing pan to side of fire or slightly lowering gas to allow of gentle simmering. *Time*: 20 to 25 minutes for each pound.

Braising, whereby meat is cooked in "its own steam" within a covered vessel. A minimum quantity of water or stock (liquor in which something good has been boiled) is put in the pan with the meat.

Frying.—See that pan is well hot before putting in chops or cutlets; no fat need then be put in pan unless meat is very lean. Directly one side of meat is set, turn chops or cutlets over to prevent escape of juices; fork may be put into any fat portion but not into lean. After first turning to set both sides as quickly as possible, you can turn as you will and cook to the degree which pleases your taste. *Time*: a few minutes only; varies according to thickness.

Grilling.—Well grease and heat bars of gridiron previous to laying on meat. Turn as in frying. *Time*: a few minutes; much the same as for frying.

Roasting, or more correctly speaking, **Baking.**—Put meat into a baking-tin, sprinkle with a little salt and place in hot oven. Directly fat begins to run, baste. After about a quarter of an hour reduce heat of oven, continue cooking by moderate heat and baste frequently. If meat is lean, dot some bits of dripping over joint before putting it



MUTTON.

The side of a sheep, 'exterior and interior views, showing the manner in which it is divided up by the butcher and the names of the various joints.

MUTTON—*Continued.*

in oven. *Time*: 15 to 20 minutes to each pound.

Stewing is akin to boiling, but much less water is used, and the cooking is done by more gentle heat, largely through the agency of steam—obviously, therefore, a closed vessel must be used. Put meat in pan, with just enough cold water to prevent burning and to generate steam; vegetables may be added, in which case amount of water used should be slightly increased. Cook very slowly. *Minimum time*: about 4 hours for a medium-size joint in one piece; 2 hours if meat is cut into pieces.

RECIPES.

The following recipes are designed merely to indicate the possibilities of applying the foregoing notes on the *General Principles of Cooking Mutton*. It often happens that two recipes can be combined to make a third and novel dish, that a hint gleaned here and the benefit of experience gained there will lead to the discovery of a new *plat de résistance*. Equipped with the simple knowledge of working principles and fortified with the experience of doing as you are bidden in a few recipes, you will quickly discover how easy and interesting it is to invent dishes for the edification and better nourishment of yourself and family.

BAKED MEATS (ROASTS).

Roast Leg of Mutton.—For a plain roast, proceed in accordance with introductory hints on *Baking*, preceding these recipes.

For a savoury roast: Make three or four cuts in the leg, and in each insert a small knob of garlic. Bake

in oven, as if dealing with a plain joint.

Stuffed Shoulder of Mutton.

—Get your butcher to bone the shoulder for you. Make stuffing by well mixing following ingredients: one chopped onion, two or three tablespoonfuls of chopped meat, preferably ham or bacon, three tablespoonfuls breadcrumbs, two ounces chopped suet, seasoning of salt, pepper, chopped sage and parsley—bind with a little stock, using as little as possible. Shape stuffing into form of large sausage. Tie up in shoulder with string. Roast slowly. *Time*: for shoulder weighing 6 lbs., 1½ hours in slow oven (quick oven for the first few minutes).

BOILED MUTTON.

Leg, neck and breast are the parts most commonly used for boiling. Proceed in accordance with introductory hints on *Boiling*, preceding these recipes, completely submerging meat in water to which a little salt has been added. Vegetables may be boiled in the same pan, but fewer should be cooked in with the mutton than is permissible with a joint of beef, for the flavour of mutton is easily overpowered. Serve with caper sauce (see SAUCES), making body of sauce with some of the broth, *i.e.* liquor in which meat has been boiled.

BRAISED MUTTON.

Gigot de Mouton braisé.—Get your butcher to bone a leg of mutton, and to roll it for you. Melt a little piece of butter in saucepan or casserole, put in meat and let outside slightly brown—you will have to turn over and about in the fat. Now add rather less than a pint of water, salt, pepper, a few

carrots cut in rounds, half a calf's foot cut in pieces, 2 or 3 bay leaves, a sprig of parsley and thyme. Cover pan. Cook gently for about 4 hours. Take out herbs and serve the braised leg with the carrots arranged in a ring around it.

Braised Shoulder of Mutton with Turnips.—Get your butcher to bone and roll a shoulder of mutton. Proceed as for braised leg, but omit carrots and calf's foot. Cook gently for $2\frac{1}{2}$ to 3 hours, in covered pan. An hour before serving add turnips previously cut in slices and lightly fried.

GRILLS.

For a plain grill, chops or cutlets, proceed in accordance with introductory hints on *Grilling*, preceding these recipes. As alternatives, try:

Côtelettes de Mouton panées.
—Choose best end of neck cutlets, trim off the fat and all meat from top part of bone so as to leave only the little round of mutton at base. Coat with egg and breadcrumbs and grill; when turning cutlets on grill, season with salt and pepper. Fire should be clear but not too fierce. *Time*: about 10 minutes. Serve round a mound of mashed potatoes, or with tomato or piquante sauce; (see SAUCES). Ornament handles of cutlets, *i.e.* bare bone at top, with cutlet frills.

Côtelettes à la Milanaise.—Melt a piece of butter, and in it dip cutlets. Sprinkle dipped cutlets with breadcrumbs and grated Parmesan cheese. Now dip cutlets once more, this time in beaten-up yolk and white of egg, and once more sprinkle them with breadcrumbs and cheese. Re-dip in the oiled butter and grill. Serve with tomato sauce.

STEWES.

Irish Stew.—*Ingredients*—Neck of mutton, potatoes, onions, salt, pepper, chopped parsley. Allow $\frac{1}{2}$ pint of water, 1 lb. or rather more of potatoes, 1 medium-sized onion (for slicing) and 3 or 4 pickling-size onions (for using whole) to each pound of meat.

Prepare vegetables by washing, peeling and slicing potatoes, peeling all the onions and slicing the larger ones. Prepare meat by trimming off most of the fat and cutting portion to be stewed into pieces suitable for serving at table.

Put a layer of sliced potatoes at bottom of stew-pan, cover with a layer of meat, add some of the sliced onion and season with salt and pepper. Repeat layers until you have disposed of all your meat. Cover with a thickish top layer of sliced potatoes and small, whole onions. Add the water, bring to boil, skim, and stand to side of fire to cook gently for $1\frac{1}{2}$ to 2 hours. When serving, sprinkle with chopped parsley.

Navarin de Mouton.—Cut meat into pieces of a size convenient for serving, melt some butter or rich dripping in stew-pan, put in cut-up meat and fry lightly. Take out meat. Add about a couple of tablespoonfuls of flour to fat in saucepan, stir and cook for a few minutes till flour browns and mixes with fat; now put back meat, add water in proportion of $1\frac{1}{2}$ pints or rather more to 2 lbs. of meat, salt, pepper, 2 or 3 bay leaves, a sprig of parsley and thyme, some chopped onion previously lightly fried or some little round whole onions, and, if you like, some carrots cut in rounds. Stew gently for 2 hours. If you wish to have some

MUTTON—*Continued.*

potatoes in this stew, do not add them until one hour before serving.

Sheep's Trotters à la Poulette.—Wash trotters and put them in stew-pan with enough milk and water to cover them (equal quantities of milk and of water). Cook very gently for about 4 hours. Remove bones.

Melt a piece of butter in an empty stew-pan, stir in a little flour and add about three-quarters of a pint of liquor in which trotters have been boiled, salt, pepper, herbs and spices to taste, small mushrooms and onions. Let this sauce cook for half an hour, then put in the boned trotters and stew all together very gently for about half an hour.

When serving, first dish up the boned trotters, next bind the sauce with the yolk of an egg and finally pour sauce over dished-up trotters.

To bind the sauce: beat up yolk of egg, add a little of the warm liquor from stew-pan and a dash of vinegar. When mixed, turn into liquor remaining in stew-pan and stir well. Sauce must not come to boil or egg will curdle instead of acting as a liaison.

THE ART OF USING UP THE
PIECES.

Curried Mutton.—See CURRY.

Shepherd's Pie.—Mince meat left over from previous meal. If minced meat is very lean, add some finely-chopped suet or rub in some

dripping. In any case season well with finely-chopped boiled onion, chopped parsley, salt and pepper. Avoid a tasteless, dry mixture; use your discretion and moisten your mixture, if necessary, with a little of the water in which onions were boiled, or, better still, any remains of gravy. Fill mixture into a greased pie-dish, cover with a crust of well-mashed potatoes, dot surface with butter or dripping and bake in a moderate oven until potatoes are a nice golden-brown colour. Remember that all ingredients have been previously cooked; the oven is only required to do duty in the way of heating the pie well through and browning the potatoes.

Tranches de Gigot à la Brissac.—Cut remains of leg of mutton into slices of moderate thickness. Fry slices lightly in butter, and then add to these ingredients in your pan some shallots and a little finely-chopped parsley. Cook gently for about 5 minutes, after which sprinkle with flour, and when the flour is incorporated, moisten with about half a tumblerful of water and a glass of wine. Season with salt and pepper and leave to cook gently for an hour. Ten minutes or so before serving, add a spoonful of olive oil.

NOTE—Remains of yesterday's mutton can be made up into a very good dish of Navarin de Mouton. Proceed in accordance with instructions given in recipe for Navarin with fresh meat, but stew for 1 hour only.

O

OIL STAINS, TO REMOVE.

From Carpets and Clothes.—See GREASE SPOTS, TO REMOVE.

If the stain is caused by machine oil, use ether, which you can get from a chemist.

From Floor Boards and Kitchen Tables.—See GREASE SPOTS, TO REMOVE.

From Hands.—Use methylated spirit on a clean rag previous to washing hands with soap and water.

OMELETS, SAVOURY AND SWEET.

Omelet, French.—For a plain omelet turn white and yolk of eggs into a pudding basin, season with salt and pepper, and beat well with a fork.

Melt a little bit of butter in a frying-pan, omelet-pan or any shallow, fireproof casserole. When the butter is well hot, turn in the beaten-up eggs. As egg sets, keep sides and bottom loose from the pan by use of a knife; gentle lifting in this way helps the still liquid portions to set. Remember, however, that the middle of a well-cooked omelet should not be allowed to set as much as the sides, and that no part should be cooked to the point of setting hard. When omelet is ready to dish up, turn one side over the other with help of an egg-slice, thereby leaving the whole in occupation of only half the pan.

Place dish, previously well heated, face down on pan, and holding dish with one hand and handle of pan with the other, turn everything topsy-turvy so that omelet takes its

place on the dish, when part which rested on pan now becomes the top of the omelet.

An omelet should never be wafer-like, so take care that pan is not too big in proportion to number of eggs used—pan of about 8 inches in diameter is suitable for an omelet made with 3 or 4 eggs.

Variations.—For an *Omelette aux Fines Herbes*, add a little finely-chopped parsley, chives, chervil or other herbs to beaten-up eggs before cooking.

For a *Cheese Omelet*, stir in a little grated cheese with the beaten-up eggs.

For a *Mushroom Omelet*, add to beaten-up eggs mushrooms which have been previously cooked, allowed to cool, and cut in pieces.

For a *Kidney Omelet*, cut previously-cooked kidney in small pieces, heat them up in a frying-pan in a little fat and let them take colour, then pour over them the beaten-up eggs, and proceed as for plain French omelet.

For a Bacon Omelet.—Cut bacon into small pieces, fry until they take colour, and proceed as for kidney omelet.

For an Onion Omelet.—Boil onions, cut them in rings or chop them, season with salt and pepper. Make a plain French omelet, and before folding it over just previous to serving arrange onion along the half that is to remain stationary on pan when you make the fold.

Several other savoury ingredients can be included in an omelet, as for instance, ham, tomatoes, chicken

OMELETS—*Continued.*

liver, macaroni, spinach and asparagus tips.

As the necessary time for cooking an omelet is a matter of seconds, it stands to reason that ingredients other than eggs usually require some previous cooking. There are three methods of combining such ingredients with an omelet, all of which have been indicated in the foregoing recipes :

- (a) Stir ingredient in with beaten-up eggs before cooking omelet.
- (b) Cook or warm up ingredient in pan and turn beaten-up eggs into pan over contents already therein.
- (c) Spread a layer of prepared ingredients over one half of cooked omelet before folding over the other half.

Omelet, Frothy. — Separate whites of eggs from yolks. Beat yolks with a fork ; whites with an egg-whisk until they are like fresh-fallen snow. Mix beaten-up yolks and whites, season with salt and pepper, and cook like a French omelet.

Savoury additions, such as chicken liver, ham, herbs, etc., can be combined with a frothy omelet in same way as with a French omelet, but the frothy preparation is more usually the basis of a sweet omelet.

Omelet, Sweet.—Add to yolks of eggs a good spoonful of fine white sugar and a little pinch of salt. Proceed as for frothy omelet. When omelet is dished up, sprinkle castor sugar over the surface.

Variations.—For a *Rum Omelet*, proceed as for sweet omelet. When it is dished up, pour a little rum over it and round dish, light with a match and serve at once.

For a *Jam Omelet*, proceed as for

sweet omelet, and spread warm jam over one half before folding over the other half.

ONIONS.

To Dry,

see PRESERVING VEGETABLES.

Recipes for Cooking,

see VEGETABLES, TO COOK.

OUTHUSES, FOR CYCLES, TOOLS, ETC.,

see FIXTURES ; and HOUSE, EQUIPMENT OF.

OVEN, Temperature of.

When you first begin to cook, you are likely to be bewildered by the terms “hot oven,” “moderate oven,” and “cool oven,” which are commonly used in recipes, and to feel annoyed at what you think are stupidly vague instructions. But the more experienced you become, the more ready you will be to admit that instructions in definite degrees of temperature would usually be more confusing and irritating. For the cooking of some things at certain stages there are certain definitely fixed temperatures, but for the cooking of many things at various stages there is a comparatively wide latitude for the “right” temperature of the oven. In the many instances in which it does not matter whether oven is a few degrees more or less hot, a definitely stated temperature in recipe instructions might worry the amateur into being continuously in the act of worrying the fire.

Here are a few indications as a basis for having the oven at the right heat to do its work well :

Hot Oven, for meat about 300° Fahr.

„ „ „ pastry „ 360° „

Mod. „ „ stews „ 180° „

Special thermometers are made

for testing the heat of an oven. In some of the latest pattern stoves, a thermometer is inset in oven door. Heat of oven may also be tested with flour or a sheet of thin white paper. Both turn black if oven is hot enough to "roast an ox," which is to say too hot for any practical purpose. Both turn a deep shade of golden brown, and paper curls up, when oven is right for rich pastry, bread, and small rich cakes. For big cakes and for pastry which only contains a moderate amount of fat, oven should only be hot enough to turn paper or flour moderately golden brown.

OYSTERS.

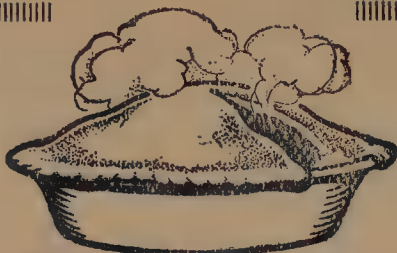
Oysters are seasonable during all the months in the year whose name contains an "R", *i.e.* September to April. There are many ways of cooking these succulent morsels—avoid them all. In their natural

state, the best oysters are too good to suffer transformation by cooking, and as the acknowledged best are our own "Natives," why patronise any others?

Open.—loosen mollusc from shell and serve on one half of shell only. Arrange each person's portion on a separate plate—there is a wide range of opinion, varying from half a dozen to half-a-dozen dozen, as to what a portion should mean.

When serving oysters, put on the table a dish of brown bread and butter cut in thin slices, lemon, chilli vinegar and cayenne pepper.

To Open.—Use a special knife made for the purpose. Protect with a pad hand in which you hold oyster. With other hand, insert knife at right angles into hinge of shell and lever open—easier said than done. Open carefully so as to preserve juice, and avoid penetrating your own or the oyster's flesh.

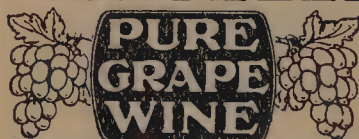


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☛ See the articles in this Dictionary on Boiled Puddings ; Cakes ; Children ; Emergency Meals ; Entertaining ; Jellies ; Pastes & Pastry ; & Wines

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P

PACKING.

The habit of wasting packing materials is so widespread in British households that it merits censure as one of the worst forms of national extravagance.

A parcel arrives—the string is slashed loose with the first edged tool that comes to hand, the paper ripped off, and two useful articles that cost much time and labour to produce are carelessly tossed into a waste-paper basket or consigned to the fire. Another purchase is delivered in a packing-case—hay, straw or shavings are thrown in the dustbin and the case is left for a servant to break up into firewood. Some similar fate awaits the tissue paper in which a new hat comes home, the corrugated paper that brings a bottle of perfume safely through the post, the tins that have fulfilled their appointed task of keeping biscuits crisp. And in nine cases out of ten the packing materials are as good as new when their career of usefulness is thus brought to an untimely end.

Certainly it is folly to hoard anything and everything that might come in useful some day. But the wanton destruction of things that are everyday necessities is still more reprehensible.

The capacity of a string-box is extraordinarily elastic if every length of string it is required to accommodate be unknotted and neatly rolled up with ends secured before being put away for future use. Brown paper, too, takes up very little space if folded flat, and empty boxes can be fitted one into another.

The packing materials that serve as wrappings and trappings of parcels received in the average household should suffice for outgoing parcels.

Use grease-proof paper or wax paper for packing provisions; a supply should be purchased, to be at hand in case of need.

Boots and Shoes should always be packed heel to toe. Single pairs to go in dressing-bag or suit-case should be wrapped in paper or soft cloth previous to packing. Two shoes, and particularly two boots, take up less room packed separately than as a pair.

Boots and shoes in any quantity should travel apart from other clothes. As an alternative to individual wrapping, separate each boot or shoe from its neighbour by a single thickness of paper or soft cloth.

A place should be found for cleaning materials with boots and shoes, and any unoccupied space should be filled up with paper to prevent moving and resultant scratches.

Bottles. — **PRESERVED FRUITS, JAMS AND PICKLES.**—The necessary equipment consists of wooden packing-cases, newspapers, and an ample supply of such materials as shavings, sawdust, hay or straw.

Line bottom of case with a thick layer of the packing material.

Wrap each bottle separately in a sheet of newspaper.

Stand bottles and jars upright in case, preventing each from touching its neighbour or sides of case by an infilling of packing material.

PACKING—*Continued.*

Carry infilling to brim of case if depth of box will not accommodate a second layer of bottles; or, depth of box permitting, completely cover top of first layer, building up covering to an even surface, and proceed to pack second layer in same way as first one.

As far as possible reserve each layer for either bottles or jars of equal height.

Nail down case securely and label clearly, "Glass, with care."

WINE.—In contrast to the general method of packing bottles upright, bottles of wine should always be laid on their side.

Use straw sheaths, specially made for the protection of wine bottles.

When placing bottles in case put them alternately neck to base.

MEDICINES.—Tie down stoppers securely by covering them with rag or piece of old kid glove and fastening cover to neck of bottle with string.

China and Glass.—*The main objective of all precautions is to prevent pieces knocking against one another or against sides of case.*

To this end, each piece of glass or china should be separately wrapped in newspaper or tissue paper and embedded in hay, straw, shavings or sawdust. Put a thick layer of bedding material at bottom of packing-case and as lining to sides, carefully stow away duly wrapped breakables among further supplies of bedding and generously cover with a top layer of the packing material before nailing down lid of case.

PLATES, DISHES AND SAUCERS may be piled six or even a dozen, deep, according to size, but contact between each and its neighbour must be entirely prohibited by an overlapping covering of paper and

a sprinkling of hay or similar material.

TUMBLERS, CUPS AND BOWLS may be lightly fitted one into another, provided they are lined with paper.

TEAPOTS, VEGETABLE DISHES, etc.—The danger zone lies between lid and rim of opening. Lay an overlapping sheet of paper on inner surface of lid before putting latter in place; and, if possible, invert lid to protect nob or handle. Handles of teapots, coffee-pots and jugs should be wrapped round with a twisted band of hay or straw. *Label:* "Glass, or China, with care."

If you pack glass and crockery in accordance with these simple hints, unpacking time should provide a happy succession of dips into a lucky tub.

Clothes.—The great secret of packing a maximum quantity of clothes in a minimum amount of space is to keep everything flat, proceeding layer by layer and filling up corners as you go along. This method also prevents creasing—the common practice of finding, or making, gaps at the last stage to accommodate oddments being largely responsible for the second-hand appearance which so often characterises clothes when they emerge from a trunk. Boots and shoes in particular are mischief-makers in this respect; if possible, they should be given a basket or case to themselves.

LADIES' CLOTHES.—Underclothes should go at bottom of trunk, together with boxes or sachets of "store" gloves, ribbons, collars, handkerchiefs, etc. Wedge sides and corners with stockings, or anything that can be rolled without damage, such as woollen scarves and corsets.

Let each layer be compact and tightly fitted in before next is begun. Remember, too, that clothes, provided they are skilfully folded, are more likely to look in the pink of condition when taken from a trunk filled to overflowing than from a space which gives them room for play.

Heavy coats and skirts and cloth dresses should be allocated to top of well or to bottom of a tray.

If trunk has two or more trays, reserve one for evening dresses and light blouses. In any case, load trays so that light garments lie above and not below heavy ones, and as with well of trunk wedge round trays and fasten straps to prevent side slips. Silk or chiffon scarves, veilings and evening camisoles are amongst the articles which can be rolled without damage to wedge in light garments.

No clothes, particularly coats and skirts, dresses, blouses and cloaks, can be expected to prove good travellers unless they are prepared for a journey by careful folding.

Although a few general rules will help you to acquire the art of folding, success in this all-important detail depends largely on consideration being given to the special cut of each garment and the material of which it is made.

All garments should be folded right side out.

In the case of cloth garments, folds should be made at seams. To avoid false pleats and rough-and-tumble creases, each fold should be made over a sheet of tissue paper.

Soft materials should not be folded in the strict sense of the word, but lightly turned over rolls of tissue paper. It is even better not to attempt any of the so-called methodical ways when packing

blouses of various soft materials, such as crêpe de chine or cotton crêpe: Lightly pull out sleeves to their full length, fold at main seams or shake flat, roll blouse and gently wedge roll down side of tray.

HATS.—Every woman who has any respect for her hats would be horrified at the idea of packing them in anything but a box specially designed for the purpose. Such boxes are fitted with adjustable padded nobs, of mushroom shape with a velvet surface.

All hats you wish to pack should be placed experimentally in box, with a view to seeing what demands are made by their size and shape as regards disposition of nobs. The "mushrooms" having been suitably adjusted, attach firmly to each with hat-pins the hat which it is destined to carry. When all hats have been securely fixed, cover each one with a sheet of tissue paper, which should be pinned to padded sides of box. Fill up any gaps with tissue paper twisted lightly into rolls or balls.

MEN'S CLOTHES.—Flannel or silk underwear, flannel shirts and plain soft shirts go at bottom of trunk or suit-case. Socks may be used to fill up corners, but do not bury every pair; a choice should be put, at a later stage, within plain view and easy reach. Trousers and waist-coats should come next, and above these coats. Reserve a top corner for stiff collars. Soft collars, ties, handkerchiefs and gloves so readily lend themselves to being stored away anywhere, that it is well to bear in mind the necessity of accommodating them where they can readily be found without a general turnover.

DRESS SHIRTS should have top place of honour in case. The laundry saves you the trouble of

PACKING—*Continued.*

folding shirts; but before packing drop flap and turn it over to protect front. Pack in pairs, back to front and neck to tail.

TROUSERS, TO FOLD.—Place together first button on each side of front; as a result of this preliminary the legs will naturally come together flat, with their duly pressed creases at either edge. Lay on table, fold over seat vertically, far enough for back button to meet outer button of front. Fold in three.

LOUNGE JACKET, TO FOLD.—Lay flat on table, lining downwards. Indent top of sleeves, just below shoulder, to dispose of fulness, and turn up from wrist so that cuff lies in hollow of fulness. Fold each half of front towards centre back, taking care not to disarrange collar and lapels; fold again vertically in middle of back. The jacket is now inside out and ready to place in case or trunk. If too long for receptacle, turn up bottom of jacket, but let this horizontal fold come below reach of sleeves.

MORNING OR DRESS COATS, TO FOLD.—Proceed as for lounge jacket, but before making last vertical fold at middle of back, turn up tails.

OVERCOATS, TO FOLD.—See *Lounge Jacket*.

Eggs.—The simplest method is to use specially-made boxes, fitted with crack-proof compartments, each of a size to take one egg.

As an alternative, use a cardboard or wooden box. Fill box with hay, and with two fingers and thumb make holes in this bedding at reasonably safe distances apart from each other and from sides of box. Tuck one egg into each nest. Secure all snugly in position by top and side coverings of hay.

Or pack in a basket, with hay and corrugated paper. Surround each egg with a strip of corrugated paper, corrugations inwards. Line basket with hay. Fit in eggs, large end downwards, with wrappers in sufficiently close contact to prevent shifting. Finish off with a top layer of hay.

Flowers.—Cut flowers in cool of morning.

Twist damp, but not wet, cotton wool or moss round stalks.

Line bottom of a tin or box with moss or thick brown paper, slightly moist.

Arrange flowers carefully in tin or box, protect them with a light covering of tissue paper, and add a top covering of cotton wool or moss before closing down lid.

The outer wrapping of paper should bear a clear and conspicuous announcement of contents—"PERISHABLE: *Flowers, with care.*"

Hold-all.—Many people will tell you that a hold-all was invented to make a saint swear. On the other hand, this invaluable form of carrier for coats and rugs is always highly popular among travellers who have mastered the art of packing it.

All trouble can be averted by avoiding the temptation to overcrowd the flap pockets. Put rugs, coats, etc., flat in central pocket, and pile these, if necessary, comparatively high. Flap pockets may be utilised for flat articles, even though they be of a weighty nature; but beware of consigning to them anything calculated to create a bulge.

House Linen.—Linen takes up a small space in comparison with its weight. Although, therefore, it is less trouble to pack one large basket than two or three small ones, choose the latter alternative rather

than make inhuman demands on servants and porters.

Pictures.—Fold soft paper over shavings or straw to make lengths of padding. Lay a piece of this prepared padding obliquely across each corner at front of frame, turn edges over to back of frame and tack down.

Pack face downwards.

Bottom of box should be lined with brown paper.

If picture has a glass, paste paper over face; in the event of an accident broken glass will then adhere to paper and all risk of picture getting scratched will be avoided.

When two or more pictures are to travel in one case, the case should be fitted with bearers running along each side. Pad corners of pictures. Lay batons widthways across back of frames, batons to project about an inch on either hand and to be firmly screwed to frame. Lay prepared pictures face downwards with batons resting on bearers, and secure by fixing a screw running horizontally from outside of case into each end of batons.

Silver and Plate.—A properly designed silver chest clearly shows by its fittings the way in which it should be packed. There is practically no choice but to put pieces in their allotted spaces.

Failing this useful possession, each piece should be wrapped in tissue paper. Any piece which is exposed by its shape to risk of being dented should be further protected with shavings or newspaper.

Forks, spoons, dessert and fish knives: Take a strip of tissue paper a few inches wider than length of pieces to be packed; six or even a dozen pieces of one kind, forks, for instance, can be made into a single package by means of a running fold,

each pleat of which completely covers one fork and separates it from the next.

PAINT.

TO CLEAN.—All painted wood-work of house and furniture should, as far as possible, be protected against dirt by regular dusting and removal of finger-marks from doors, grease marks on kitchen skirting-board, scrubbing-brush splashes, red ochre stains, and such-like incidents of daily wear and tear. Corners should receive the regular attention of a wooden skewer covered with a piece of flannel. Frequent dry cleaning, with immediate removal of spots by aid of a slightly moistened rag, obviates the necessity for all-over washing, which is detrimental to paint.

But even when the utmost care is exercised, paint usually requires a general wash once or twice a year. Method depends on state, colour and presence or absence of varnish in paint.

To Wash Unvarnished Paint.

—Dust thoroughly, clean out crevices with a feather brush and sweep round skirting-board, burrow into angles with a wooden skewer or end of a wooden penholder covered with a bit of flannel—do not use a hairpin or any other metal prod likely to scratch paint. Wash with a flannel or sponge wrung out in warm, slightly soapy water; make the thin lather with soft water or water that has been previously boiled, and take care to use good white soap which does not contain soda—flaked soap such as is specially prepared for washing flannels is preferable. Wring flannel out pretty dry before applying it to paint, wash in one direction only—downwards for vertical wood-work—rinse with plain

PAINT—*Continued.*

warm water and wipe dry with any duster or rag that will not deposit fluff; do a small piece at a time, finish off by rinsing and drying, and continue from where you finished off. When all wood-work of one portion of room, such as window-frame or door, has been washed in this way, polish with a dry, clean chamois leather.

For darkish-coloured paint that is very dirty, moisten flannel with paraffin instead of soapy water. Dry and polish in accordance with previous directions. But do not use paraffin on white or light-coloured paint.

When white paint is very dirty, clean it with a cloth dipped in warm water and then in bran; for very dirty light-coloured paint use a cloth dipped in warm water and then in finely-powdered whiting—in both cases rinse, dry and polish in accordance with previous directions.

To Wash Varnished Paint.—Proceed as for unvarnished paint but use cold water instead of warm, as latter destroys varnish. Soft water is preferable; failing this, use previously boiled water in which a little borax has been dissolved—about a tablespoonful of borax to a quart of water.

TO REMOVE.

From Carpets.—Rub spots with a rag dipped in turpentine, beginning on outside rim and working towards centre; afterwards wash in same direction with a lather of soap and water, or rub with a clean bit of flannel moistened with benzine.

From Clothes, etc.—If material is washable, remove paint marks with turpentine and then wash article in usual way.

For unwashable fabrics, it is

usually sufficient to rub spot with a bit of flannel dipped in turpentine or paraffin, if mark can be tackled whilst paint is still wet; if paint has been allowed to dry on, clean first with a mixture of turpentine and alcohol in equal parts, and afterwards with benzine; work inwards, from rim to centre.

A chemist will supply you with alcohol, or make up the mixture for you.

From Glass.—For paint marks on windows, glass over pictures, etc., use a piece of rag dipped in turpentine.

From Hands.—Rub hands with a clean rag dipped in turpentine or paraffin, previous to washing them with soap and water.

From Wood.—Paint splashes on floors, tables, etc., can be removed with a bit of rag or flannel damped in turpentine; follow up this treatment with washing, or application of furniture polish, according to nature of wood-work.

PAINTING.

All woodwork which is to be repainted should be well dusted and washed before new paint is applied.

It is necessary to have brushes of at least two sizes, large for wide surfaces of doors and skirting-board, small for window-sashes and such-like details. New brushes should be soaked several hours in cold water previous to use.

Stir paint well before and during use. Thin, when necessary, by stirring in a little turpentine. Apply thinly and evenly, working in one direction only—downwards or horizontally away from you as may be more convenient. Protect floor, windows, etc., against splashing, and keep your hand in line by aid of a thin bit of cardboard.

Let first coat dry thoroughly before applying a second. Two coats are generally necessary to give durable results.

PANCAKES,

see PASTES AND PASTRY, under sub-heading *Batter*.

PARSLEY.

Parsley is one of the best-known herbs for flavouring and garnishing. For flavouring purposes, the leaves are generally chopped fine, but little tufts or sprigs are used for garnishing. Parsley has a very pronounced flavour which easily overpowers other flavouring ingredients, so use it sparingly. Indeed, there are some people who strongly object to the taste, in which case chervil can be called on to play the part of substitute.

Fried parsley is a delicious accompaniment to fried meat or fish. Choose fresh green sprigs, wash them, dry them in a clean cloth, and fry in hot fat. Drain before serving.

As parsley is obtainable all the year round, there is no need to dry supplies for winter use.

PARSNIPS.

Recipes for Cooking,
see VEGETABLES, TO COOK.

PARTRIDGES.

In season from 1st September to 31st January; it is only within the limits of these dates that the Game Laws permit of partridges being shot.

These birds are usually sold in their feathers, but it is customary for poulterers to pluck and prepare them for cooking previous to delivering them to customers.

Choice depends on proposed method of cooking. Old birds

may be used for stewing, but young ones are essential for roasting.

Young birds are easily recognisable on examination of wings and feet; the first feather of the wing is pointed at the end and the feet are transparent. Except by gourmets who like game very high, partridges are usually considered to be in prime condition for cooking two or three days after they have been shot.

To Roast.—Tie over breast of each bird a thin slice of fat bacon. Put birds in baking-tin with a piece of butter or good dripping and cook in a moderate oven, basting frequently. Remove bacon in time for breast to get brown. *Time*: about half an hour; do not overcook the birds or they will lose their flavour. Serve with plainly-made gravy—merely add a little water to juice that has run into baking-tin, season with salt and heat well before pouring into gravy-boat.

Stewed Partridges with Cabbage.—For this dish old birds are preferable to young ones, as the latter would be tasteless and overcooked.

Melt a piece of butter in a casserole and in it lightly fry, until they take colour, partridges, a little piece of salt pork cut in strips, and a couple of sausages which should also be cut into short lengths. When these ingredients have taken colour, remove them from the casserole. Now stir in with the butter in the casserole a little flour—about two tablespoonfuls—and when the two have amalgamated into a nicely-coloured brown mixture, add about half a pint of water or stock, salt, pepper, spice, and a carrot cut in rounds.

Meanwhile boil a cabbage, cut in quarters—put the cabbage into

PARTRIDGES—*Continued.*

boiling water and cook until tender; about 20 minutes. Drain well.

Return to casserole partridges, pork and sausages, and put in with them the cabbage. Cook gently for 2 hours.

When dishing-up, skim off fat. Serve with cabbage, pork and sausages as bed, on which partridges are arranged.

PASTES AND PASTRY.

Far too much mischief has already been wrought in the world by the traditional joke of the young wife's first attempt at pastry-making. As a result of that story, which is founded, presumably, on the brainless efforts of an unambitious ignoramus and develops through tears to divorce, even the most versatile of educated women are prone to believe that their earliest experiments in pastry-making are bound to produce a brick-like article of unbreakable consistency.

It is high time we had a Women's League for dispelling this notion. Will you join? The rules are simple, the work is easy, there is nothing to pay and you are bound to reap a variety of rich rewards, such as heightened self-respect, compliments from your family, and inspired requests from appreciative friends for hints on how to turn out "this deliciously light pastry which we always get in your house."

RULES.—Start with the idea that the making of pastes and pastry is work fit for a lady, and that any lady can fit herself for the job by learning a few simple facts and applying them with pride and intelligence.

Expect to be successful. Fear of failure breeds flurry, and flurry

has as bad an effect on pastry as a thundery atmosphere on milk. Keep a cool head, for a cool hand is essential.

GUIDING PRINCIPLES.—**PASTE** is the family name for flour moistened with a liquid.

Pastes designed for human consumption are known as "Edible Pastes." The liquid with which the flour for these is moistened may be water, milk or eggs, or a combination thereof, according to the variety of paste to be made and the required degree of richness. Further, according to a similar choice of ends in view, other ingredients are added or omitted—fat in the form of butter, vegetable butters, margarine, lard, dripping, suet or olive oil; sugar or honey; baking-powder; salt.

The principal varieties of Edible Pastes are: **BATTER**; **ITALIAN PASTES**, such as macaroni, vermicelli, ravioli and gnocchi; **PASTRY**; **SUET CRUST**.

To be good, all pastes must be light. Hence, the primary aim of all working methods by which they are produced is to obtain this essential quality of lightness. Lightness is the result of the rapid expansion of cold air under the agency of heat. It follows, therefore, that you must make your paste under conditions that permit of the entry of cool air into it, and put it to cook under conditions that at the outset encourage expansion—*i.e.* in a hot oven for baking, or in boiling water for boiling or poaching.

WORKING METHODS.—You are now prepared to avoid many of the mistakes which make for heavy crust and stodgy batter pudding; also, by the aid of common sense, founded on understanding, to follow, instinctively, rules that make for

enjoyable and digestible edible pastes.

Naturally, you will :

Avoid mixing paste in a bowl that has just been washed up in hot water. A marble slab is the ideal accommodation for mixing. Failing this, use a china or enamel bowl taken straight from a cool place, and see that it is thoroughly dry.

Avoid mixing paste near the fire in a hot kitchen. Do the work on the side of the kitchen table nearest an open window ; or, on whichever part of the table is both farthest from the fire and most in the shade on a sunny day. And, if you cannot find a cool spot in the kitchen, take your utensils and ingredients into the larder—or into the drawing-room, if need be ; no room is too good to provide suitable accommodation for making good things.

Avoid mixing paste when you come in hot from playing tennis or from a scramble at the sales. Why do so many people find it difficult to understand how it is that their very good all-round cooks frequently turn out indifferent pastry ? The single-handed cook in a big family must often find it impossible to cool her hands to the degree requisite for pastry-making, at the precise time when it is convenient or expedient for her to make a tart.

Avoid softening butter, or other fat to be used, by warming it. Cream butter by beating it with a knife, or wash it in cold water and squeeze in a floured cloth.

Equally naturally, you will :

Store flour in a cool, dry place.

Delay bringing flour-bin into kitchen until it is required for use, and stand it, then, in a cool spot.

Sieve flour before using it. During passage through a fine sieve,

any lumps will get broken up and air will be let in.

ACTION OF BAKING-POWDER.—Baking-powder helps paste to expand. It is a chemical aid to producing lightness. As it begins to be active directly it is moistened, any paste to which it has been added should be cooked at once in order to derive full benefit from its power of assistance.

Baking-powder to be kept at its full strength must be stored in a dry place.

Other chemically-working aids to lightness are salt, lemon juice and sour milk.

GENERAL ORDER OF PROCEDURE.—*Details of ingredients and quantities are given in the recipes which follow :*

(a) Mix dry ingredients.

(b) When butter or other fat is to be included, rub it in lightly but thoroughly with the tips of your fingers. After this operation, the mixture should be crumbly. It may seem a far cry from poultry food to pastry, but the fact remains that any of you who happen to be skilled in the art of mixing meal for chickens should need no practice to prove adepts at rubbing fat into flour for pastry. A well-made mixture should adhere when a small quantity is picked up and pressed together between thumb and fingers, but the lightest flick should serve to crumble up the union into fragments. Allow from 4 to 12 oz. of butter or other fat to 1 lb. of flour, according to whether plain or rich paste is required.

(c) With a light turn of the fingers make a well in centre of mixture, pour in liquid and amalgamate by stirring with a knife. The liquid should be added gradually, but quick stirring from sides to centre should follow and be quickly succeeded by the next addition of liquid—gradual

PASTES—*Continued.*

but rapid amalgamation is necessary to avoid formation of lumps. Allow about $\frac{1}{2}$ pint liquid to 1 lb. flour—rather less for rich paste, as the best results are obtained with a stiff dough; considerably less for the very stiff dough requisite for making macaroni; rather more for plain paste, as the best results are obtained with a soft dough. Eggs must be counted in with the liquid measure, and measure reduced if fat used is soft to the degree of being oily or semi-liquid.

NOTE—*Proportion of liquid for batter is much higher (see recipe).*

(d) Turn paste on to a well-floured board. Knead for a moment or two with palm of hand. Roll out to required thickness with a well-floured rolling-pin—do not move rolling-pin backwards and forwards, but forwards only, making short, sharp movements as distinct from one long roll with continuous pressure.

(e) Bake, boil, steam or fry as desired.

For baking pastry, temperature of oven should be about 360° Fahrenheit at outset, to be slightly reduced as baking proceeds. Oven temperature may be taken with a thermometer specially made for the purpose; or with a sheet of writing paper which should brown and curl up, but not char, in a good pastry oven.

RECIPES.

Batter.—*Ingredients*—6 oz. flour (about 4 heaped tablespoonfuls), 1 pint milk, 2 eggs, good pinch of salt.

Sieve flour into basin, mix in salt, make well in centre. Pour eggs into well (break them first into a cup to make sure they are fresh). Stir, from sides to centre, very

gradually adding part of the milk until a thick and absolutely smooth batter is formed. Now beat briskly with a fork for 10 minutes. Stir in remainder of milk, cover basin with a plate and stand aside for at least 1 hour, after which give batter another beating, and it is then ready to bake, boil, steam or fry.

TO BAKE.—Well grease a pie-dish or baking-tin, pour in batter. Put into a quick oven at first to encourage rising and brown bottom and sides into a nice crust; afterwards, reduce heat so that batter may get cooked through. *Time*: about 35 minutes.

TO BOIL OR STEAM.—Pour batter into a well-greased basin, cover with greased paper and tie down with a cloth that has been wrung out in boiling water and well floured. Plunge into boiling water, or put in a steamer over boiling water. *Time*: for boiling, $1\frac{1}{4}$ hours; for steaming, 2 hours.

TO FRY.—Fry in small quantities in hot fat, to form thin pancakes.

Macaroni, home-made.—*Ingredients*— $\frac{3}{4}$ lb. flour, 1 egg, little water.

TO MAKE THE PASTE.—Sift flour on to pastry-board. Make a well in centre and pour in raw, unbeaten egg, which has previously been broken into a cup, unless you are sure it is fresh.

Mix flour gradually into a paste with egg and water—enough water only to bring about amalgamation. The objective is a well-mixed, well-kneaded, *stiff* paste. Work from sides of the ring of flour to centre; mix with tips of fingers and knead with palm of hand.

TO SHAPE THE MACARONI.—Roll out paste into a *very thin* and even sheet. For this purpose, board, paste

and rolling-pin must be kept well floured to prevent sticking. Great care must be taken with the rolling, for damage to the sheet cannot be repaired; breaks or flaws necessitate a return to the first stage of the sheet rolling. As the sheet gets too thin to manipulate in the usual way, give it a half turn round the rolling-pin and continue to roll *round* this axis instead of *across* the board.

Make a "bolster" of the sheet of paste, similar to a jam roly-poly, *i.e.* roll paste so as to fashion the roly-poly in layers. Previous to this final roll up, the paste should be well floured so that the layers can be pressed close together without risk of adhering to one another.

Cut crossways into thin strips. Result is RIBBON MACARONI, commonly known as NOUILLES.

TO COOK THE MACARONI.—Put it into boiling, salted water and poach for about 8 minutes. Strain.

Three-quarters pound of paste makes about $1\frac{3}{4}$ lbs. macaroni.

Home-made macaroni can be kept for a few days; a little salad oil mixed with the paste improves keeping quality.

If the macaroni is held over until the following day for cooking, poach it for 10 minutes; and for each additional day it is kept allow about 2 minutes extra for cooking.

Pastry.—There are several varieties, some of which, such as "Puff," demand much time and attention, as the paste has to be given a lengthy opportunity of getting aired, and it also has to be rolled out afresh at stipulated intervals.

For home consumption, we strongly recommend SHORT CRUST. It is quickly made, richness can be varied as desired by economical or

liberal addition of butter or other fat, and it is less likely than other varieties to pall on palate or digestion.

Ingredients: $\frac{1}{2}$ lb. of flour, from 3 oz.—6 oz. butter or other fat, 1 teaspoonful baking-powder, pinch of salt, and water or milk; include or omit, according to desired richness, the yolk of an egg. Mix, roll out and cook in accordance with instructions under *General Order of Procedure*.

This Short Crust can be used for any kind of covered or open tart, meat pies and patties, or, indeed, any dish in which *baked* pastry forms a part. *Time of cooking:* 15 to 20 minutes.

Short crust can also be *fried*, and a variety of good things can be made with *fried pastry*. For instance, roll out pastry to $\frac{1}{4}$ -inch thickness, cut into rounds with a pastry cutter or floured rim of a cup, fry rounds in butter or dripping; cut in halves, spread with golden syrup or jam and serve sandwich fashion, but piping hot. Fried pastry does away with the necessity of roaring up the fire to get the oven hot; it also has the advantage of being quickly and easily cooked over a gas ring or oil stove.

Suet Crust.—Same ingredients and quantities as for pastry, but the fat ingredient must consist of finely-chopped or shredded beef suet. This paste can be baked, boiled or steamed, but is only suitable for use with dishes that are to be eaten hot. It is good for meat pies, fruit tarts, fruit puddings, jam rolls or plain suet pudding.

See also OVEN, TEMPERATURE OF.

PEARS.

To Bottle, to Can,
see PRESERVING FRUIT.

PEAS.

To Bottle, to Can, to Dry,
see PRESERVING VEGETABLES.
Recipes for Cooking,
see VEGETABLES, TO COOK.

PEPPER.

There are several varieties of pepper, the principal being black, white, cayenne and paprika.

Both black and white peppercorns are the product of the same tropical shrub, the difference in colour being accounted for by different methods of preparation.

For Cayenne Pepper, see CAPSICUMS.

Paprika is a recherché preparation of cayenne pepper.

PESTS.

Cleanliness will go far towards keeping insect pests out of the house, but certain abominations that crawl or fly will periodically or spasmodically find their way into even the most scrupulously kept human abode.

Bugs.—Anyone may have the bad luck to bring home an odd specimen. If not found at once and slaughtered, the chances are horribly in favour of it multiplying thick and fast. Beds and upholstered furniture are favourite burrowing grounds. Get on the war-path by making a thorough search of bed clothes and bedding, particularly under tufts of mattress and in crevices of binding; or move chair or sofa into open and unpick braid, etc., to facilitate search. Rub ironwork or woodwork with paraffin. If more drastic measures are necessary, fumigate the chamber of horrors by burning sulphur candles.

Black Beetles.—Use an insecticide powder that is non-poisonous for household pets.

In some old houses the pest has attained such proportions as to defy home remedies; under such circumstances it is best to call in an expert at the job of exterminating black beetles—men trained in this work pay periodical visits to the house for a small fee.

Fleas.—Keep your domestic pets well washed and brushed; dog kennels lime-washed and regularly supplied with clean bedding; pussy's sleeping basket well scrubbed; use carbolic soap when washing out the pets' quarters, and occasionally dust a little insecticide into the dog's coat and the cat's fur, particularly in hot weather. If you have chickens, provide them with a dust bath and keep their houses clean. Under these circumstances only one flea at a time, and at very occasional times, is likely to find its way into your house—the person whom it selects as victim can usually be trusted to wreak vengeance on it.

Flies.—Although flies are not so repulsive as certain other pests, they are particularly dangerous as carriers of disease; also it is essential to keep them away from food, which they quickly taint. Keep them at bay by banishing all rubbish heaps from vicinity of house, using a covered dustbin, clearing up and burning any pieces of bone the dog may leave about the garden. To catch any which get into the house, use fly-papers in places where such unsightly things will generally be hidden from view, and less blatant-looking slaughter traps, of which there are many patterns, in other surroundings.

See also MIRRORS; and WINDOWS.

Mice.—A cat will generally keep them out of the house, and catch them in the garden or back premises. As an alternative, do not attempt

any form of poisoning, as a dead mouse hidden away in a house is worse than a live one; set a trap baited with a little bit of cheese or bacon.

Mosquitoes. — See MOSQUITO BITES.

Rats.—If a terrier and a trap both fail to rid the house of a rat, send for a man who keeps ferrets.

PHEASANTS.

In season from 1st October to 31st January; it is only within the limits of these dates that the Game Laws permit of pheasants being shot.

These birds are usually sold in their feathers, but it is customary for poulterers to pluck and prepare them for cooking previous to delivering them to customers. Choice depends upon whether you prefer game fresh, high, or in the happy medium stage; to attain the last-named degree of maturity, the birds must hang for 3 or 4 days—a slightly longer or shorter time according to the weather.

To Roast.—Tie over breast of each bird a thin slice of fat bacon. Put birds in baking-tin with a piece of butter or good dripping and cook in moderate oven, basting frequently. Remove bacon in time for breast to get nicely brown. *Time*: about 45 minutes. Serve with small rounds of toasted bread steeped in the gravy, bread sauce and chipped potatoes. Apple sauce, orange salad, stewed plums, or any compote of fruit makes an excellent accompaniment to roast pheasant.

PIANOS, CARE OF.

Pianos are very susceptible to extremes of heat or cold. So, as you value yours, give it a place that is out of the draught and not too near the fire; but keep it well away

from a wall, close proximity to which deadens the sound.

Guard against entry of dust by keeping case closed at all times when instrument is not being used.

Arrange for a good tuner to devote his attention regularly to your instrument; the yearly contract system, on which many of the best music depots supply tuners, takes a strain off your memory, saves the time and trouble involved in giving periodical orders every three months, and acts as a safeguard against neglect, whilst the inclusive fee works out cheaper than the total of separate payments for the same number of visits from the tuning specialist.

Accidents will happen, even when nicely brought up, good children thoroughly understand they must not play the piano with sticky fingers. Do not use soapy water on the keys as it tends to discolour the ivory; remove marks made by sticky or grimy fingers with a cloth wrung out in warm water—to which, if necessary, a few drops of ammonia may be added—rub over a second time with a cloth wrung out in cold water, then dry. Take care to wring wet cloths thoroughly before they are allowed to come anywhere near contact with keys, so that there is no chance of any moisture trickling into the piano.

Remove candle-grease spots on keys with back of a knife, and their remaining ghosts with a cloth wrung out in warm water.

Rub stained keys with a rag dipped in lemon juice and salt.

PICKLES.

Pickles need not be coarse, nor the taste for them common. During the last few years certain varieties of such outstanding excellence have been put on the market,

PICKLES—*Continued.*

that pickles now have a place of honour on the most refined tables at the most recherché of meals. For a similar reason, it has become fashionable to serve these palatable accompaniments with hot, as well as cold, dishes.

Home-made pickles and their relations, sauces and chutneys, are coming into favour again, and can be very good; but to achieve successful results, you must be prepared to devote considerable time to this branch of preserving, and even then you must live in the country or have some other special means of obtaining suitable vegetables freshly gathered in dry weather at the particular stage when they are just right for pickling.

General Rules for the Preparation of Home-made Pickles.—When vinegar has to be boiled, avoid using a metal pan for the purpose, as the acid of the vinegar may combine with the metal to produce injurious, if not poisonous, results. Boil vinegar in an enamelled pan, taking care to see that receptacle is not chipped in such a way as to expose the tin under the enamel lining.

Use a wooden spoon.

Pack into glass bottles or stone jars and seal securely by insertion of bungs or by tying down with bladder; thick brown paper is a good substitute for bladder, and any airproof covering is preferable to a metal stopper, which, as already indicated, may be a source of danger when brought into contact with vinegar.

Store in a cool, dry place.

RECIPES.

Gooseberry Pickle.—*Ingredients and Quantities*—12 lbs. green

gooseberries, 5 lbs. sugar, 2 pints vinegar, 1 oz. ground cloves.

Top and tail gooseberries.

Put all ingredients into an enamel pan, bring gently to boil, and continue boiling till mixture has consistency of jam. *Time*: about one hour.

Green Tomato Chutney.—*Ingredients and Quantities.*—Allow $\frac{3}{4}$ lb. sugar to every 5 lbs. of tomatoes, and spice to taste—a few black peppercorns, cinnamon, cloves, 2 or 3 chillies broken in pieces, and a little red pepper if you like.

Slice tomatoes rather thickly, sprinkle with salt, and leave to drain for 24 hours on a hair sieve.

Put drained slices into an enamel pan, cover with vinegar, add sugar and spice. Boil till of the consistency of jam. *Time*: about one hour.

The only thing against green tomato chutney is that it will not keep after your family has once tasted it, unless you store it in a very secret hiding-place.

Pear Pickle.—Any variety of cooking pears can be used, the harder the better. This pickle is a capital medium for utilising windfalls and wasp-nibbled specimens.

Peel and core pears, remove all defective parts. Cut sound portions into thick slices or chunks, add sugar in proportion of $\frac{1}{4}$ lb. to each pound of pear slices, and vinegar in proportion of $\frac{1}{2}$ pint to 3 lbs. of pear slices. Put all together in a covered enamel pan, bring slowly to boil, and stand aside to simmer very slowly for several hours—leave on side of stove for a day and a night.

This delicious, sweet pickle makes a particularly refined accompaniment to hot or cold meat, and goes particularly well with curries.

Pickled Cabbage.—Use red

cabbage. Remove outer leaves. Cut the firm heart into quarters and take out the hard stalk. Cut the leaves of the heart into strips and the stalk into very thin slices. Spread out on a dish and sprinkle each layer freely with salt. Leave to drain for 24 hours. Now strain off moisture and transfer cabbage to colander, where it should be left to drain for another 24 hours.

Meanwhile *prepare some spiced vinegar*; allow rather more than $\frac{1}{4}$ oz. mixed spice to each quart of vinegar. Tie spice in a muslin bag and boil in the vinegar for 10 minutes. Stand aside to cool.

Dry the drained cabbage with a cloth, pack it into glass bottles or stoneware jars, fill up with *cold spiced vinegar*, put spice bag on top and tie down securely.

Pickled cabbage is ready for use after about a fortnight; if kept too long it loses its colour and crispness.

Colour is improved by using white vinegar and adding a few slices of beetroot.

Pickled Cucumbers. — Use small thick cucumbers, from 4 to 5 inches long; ridge cucumbers, grown outdoors, are very good for the purpose.

Wipe cucumbers with a dry cloth and rub off excrescences. Rub over with salt. Pack prepared cucumbers into a wide-mouthed earthenware jar, sprinkling each layer freely with salt. Above top layer put three or four sprigs of tarragon and ditto of fennel—fennel seeds can be substituted for the fresh leaves if latter are not procurable. Cover with vine-leaves, fill up with cold water, wedge down tight with bits of board, above which place a heavy weight. Cover over mouth of jar with a cloth, and leave to mature for about a month.

Pickled Onions.—Use small pickling onions of even size. Peel, using a silver knife; they will peel more easily if previously scalded by pouring boiling water over them. Lay peeled onions on a dish, sprinkle freely with salt and leave to drain for 24 hours. Pour off liquor, wipe onions with a clean dry cloth, pack into bottles or jars, and fill up with *cold spiced vinegar* prepared as for pickled cabbage. (*See previous recipe.*) Put spice-bag on top and tie down or otherwise seal securely. The onions should not be used until after a lapse of at least 3 months.

Pickled Shallots. — Proceed as for onions. (*See previous recipe.*)

Piccalilli. — *Ingredients and Quantities*—For *Body of Piccalilli*: 1 small marrow, 1 cauliflower, 2 medium-sized cucumbers (out-door, ridge variety are very good for the purpose, but about four of these required), 1 lb. of dwarf beans (if fresh ones are unobtainable use some of those you have salted down), and 1 lb. small onions. *For Sauce*: 1 oz. mustard, 1 oz. curry powder, 2 dessertspoonfuls turmeric, 1 dessertspoonful mixed spice, three-quarters tea-cup flour, 3 dessertspoonfuls sugar, 3 pints vinegar.

Preparation of Vegetables.—Peel marrow, scoop out pith, cut into small dice; peel cucumber and cut into small dice; peel onions. Sprinkle freely with salt and leave to drain for twenty-four hours. (If salted beans are used, put them to drain with the above-named ingredients, using a little less salt for sprinkling.) Next day, when it is time to make your piccalilli, cut cauliflower into small bouquets, and in case of fresh beans being used

PICKLES—*Continued.*

string and slice them. Now get the sauce ready.

Making the Sauce.—Mix turmeric and curry powder with half the vinegar, add spices tied in a muslin bag and half the sugar, and boil together in an enamelled pan. Mix mustard and flour to a smooth paste with a little of the cold vinegar, add sugar, and gradually stir in the remainder of the cold vinegar. Pour this mixture into the boiling spiced vinegar and stir well.

Completing the Piccalilli.—Put into the sauce your well-drained mixed vegetables. Stir well until the sauce thickens, but do not bring to the boil. *Time:* about twenty minutes, with medium heat. Ladle out into well-warmed bottles. Take out spice bag, but put a chilli or two in each bottle. Tie down when cold. Quantities given make about 6 lbs. of piccalilli.

Salad Vinegar.—Loosely pack glass jars with sliced cucumber, bay leaves, mixed herbs—such as chervil, tarragon, lemon-thyme and chives—add a little sugar, salt and pepper, and fill up with vinegar, white wine variety for preference. A few chillies and a slice of lemon may be substituted for, or included with, the ingredients already suggested. Cork or tie down securely and leave for a month or six weeks; then strain off the vinegar into clean bottles, and cork and keep handy for use.

Tarragon Vinegar.—Proceed as above directed, but in packing jars use tarragon only.

PICTURES.

For the public, the word "picture" has now come to have such a wide signification that it is used to designate practically anything in a frame. The principal classes, however, are

oil paintings, water-colours, pastels, drawings, engravings, etchings and prints.

Choice.—If you have the funds to expend upon pictures, but lack the necessary knowledge to preserve you from mistakes and protect you from fakes, do not hesitate to obtain the advice of somebody who possesses that knowledge.

If your means are limited, buy tastefully framed, good photographs of masterpieces; you will find them much more satisfactory companions to live with than cheap modern paintings.

To Hang.—In hanging pictures, it is very important to consider the lighting of the room which they are meant to decorate. It is often very difficult to hang a picture so that it shows to good advantage both by daylight and artificial light, but careful manipulation will overcome many problems. In principle, a picture should always hang so that the light falls upon it as near as possible from the same direction as that from which the light comes in the picture itself; that is to say, if the shadows in the picture spread to the right of the objects or figures depicted, then the picture should be hung so that the light falls upon it from the left. A dark picture should be placed in as strong a light as possible, whereas a light picture can afford to hang in a less brilliant position.

Many people hang pictures in a room at various heights, small ones higher than large ones; this gives a very restless impression. The most satisfactory effect is given by hanging all pictures, large or small, round a room so that the bottoms of the frames are at exactly the same height from the ground. This rule may of course be broken in favour



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PICTURES—*Continued.*

of a picture hung over a mantelpiece or above a door.

In hanging pictures, never use a large nail; there are picture-hooks sold for the purpose, and the three or four small pins with which one of these is attached to the wall enable the hook to carry a greater weight than a big nail without risk of disfiguring the wall with unsightly holes. By far a better medium is a picture-rail, fitted to the wall and grooved to carry hooks; you can slide a hook along these rails to the required position and regulate the height of the picture by the length of the chain or cord by which it is suspended.

Preservation and Restoration.—Proper care is necessary for the preservation of pictures. They should never be hung on damp walls.

Water-colours and coloured prints must be protected from the sun, which would soon cause the colours to fade.

Oil paintings should be dusted with a silk handkerchief or a handful of clean cotton-wool. Occasionally, they may be gone over with a damp chamois-leather, but care must be taken to polish them dry with cotton-wool.

If anything more drastic than this is needed, that is to say, if the surface is broken or the varnish discoloured by age, send the picture to a good professional picture-restorer. Never attempt to do anything of this nature yourself or allow any obliging amateur friend to do it for you. More pictures have been irretrievably ruined by so-called "cleaning and restoring" than have been destroyed by fire, or lost by shipwreck! Almost any *accidental* damage to a picture can be repaired

by an expert: if a hole has been knocked through a canvas, the latter can be re-lined and restored so that in the vast majority of cases no trace of the accident is visible; if a wood panel is broken, it can be put together and parqueted or cradled with the same result. Alone, the havoc caused to an Old Master by unskilful cleaning is practically without remedy . . . a picture so treated remains at best the ghost of its former self, and however cleverly restored afterwards is seriously depreciated in both artistic and commercial value.

See also **PACKING**.

PIECE-BOX.

Keep all together in a box or bag surplus pieces of material used in the making of any garments for the family, or coverings and draperies for the house. Such bits and pieces may prove invaluable for mending purposes. (See **MENDING AND REPAIRING**.) Make neat rolls of each variety of fabric, label with a bit of the material right side up, and pin or tie securely.

To save useless accumulation, go through the piece-box periodically and turn out bundles representing discarded articles.

PIGEONS.

Pigeons to be good must be eaten very young, in fact almost before they have learnt to fly.

RECIPES.

Grilled Pigeons.—Halve the birds; brush over the pieces with oiled butter and season with salt and pepper. Grease gridiron, and grill pigeons over a clear fire, turning them once or twice and re-brushing them with butter. *Time*: about 20 minutes.

Roast Pigeons.—Tie over breast of each bird a thin slice of fat bacon. Put prepared birds into a baking-tin with a little bit of butter or dripping and cook for about 20 minutes, basting frequently.

PIGS, TO REAR, KILL AND CURE.

Pigs in Clover.—If you live in the country and your residence comes within the bounds of the law under which it is permitted to keep a pig, by all means grow your own pork and bacon. Pig-keeping is an economy both from the individual and national standpoints; further, there is, or should be, no pork to equal the home-fed article for delicacy of quality, whilst there is always something to fall back on in an emergency when you have your own bacon in store.

But remembering the tiring and time-consuming details which I had to get settled before I might venture to erect a pig-sty in my own garden, I must strongly advise you to make sure you are entitled to keep a pig before you negotiate for the purchase of one. There is no excuse for breaking the pig-keeping laws of the land, even though the offence be committed in the interests of promoting food production. At least so I gathered from the Sanitary Surveyor, and I should never have dreamed of calling him in for consultation but for the advice of my country maid, who comes of a stock "what has never known what it is to be without a pig in the family, Miss."

The Sanitary Surveyor measured the distance from the proposed site of the sty to my cottage, also the distance between that site and the nearest point of my nearest neighbour's abode. The latter was a foot

or so short of the legal measurement—this difficulty might, possibly, be overcome by obtaining my neighbour's consent in writing to the erection of a sty.

Had I arranged to put down a concrete floor to the sty? The answer being in the negative, I was instructed to write to the Medical Officer of Health, ask his permission for the omission, and say that the Sanitary Surveyor was satisfied I should keep the sty clean.

Let us assume you have satisfactorily concluded the preliminary negotiations for pig-keeping. Now bespeak a little pig and make arrangements to house and feed it. The pigling should not leave the mother until it is seven or eight weeks old. Breed is not a matter of importance, seeing that it is here taken for granted you are confining your energies to rearing and fattening, and not yet embarking on the more difficult undertaking of breeding. Although diseased pigs are not now allowed to live, you should see to it that your pigling comes from a sturdy, as well as healthy, litter. The choice between a sow and a boar for fattening purposes is not of vital importance; but if the piggie you bespeak is a boar, take care to state that he is required for fattening and not for stud. The onus of complying with regulations concerning the moving of a pig rests with the seller.

Board-Residence for Pigs.—A pig-sty should consist of house and airing-ground, commonly known as lodging and yard. The sty should face south. The lodging should be roomy and cosy, airy, but not draughty. Special care should be taken to ensure that the roof is waterproof. A brick or concrete floor to both lodging and yard

PIGS—*Continued.*

facilitates cleaning, but pigs must on no account be allowed to lie on any material that strikes cold, as they are disposed to contract rheumatism on the slightest provocation; the lodging should have an upper floor of wood, and the whole sty be kept amply supplied with clean litter. Good drainage is essential.

It is a great mistake to imagine that pigs are naturally hale and dirty beasts. They are delicate, in that they are particularly liable to suffer from extremes of either heat or cold, and the theory that they thrive in and on dirt is a tradition founded on idle habits and ignorant customs.

I am happy to say that my pigs have been so accustomed to clean surroundings that they have all in turn formed the habit of grunting even louder and more persistently when there is any delay in giving them fresh litter, than when they are kept waiting for their supper a few minutes past the usual feeding-time.

As regards food, the bulk of all that is necessary for a pig should be obtained from your garden, from your own household refuse, and from a house-to-house collection of scraps that would otherwise find their way to fire or dust-bin.

Swill should not include bits of fish-bone, paper, match ends and suchlike chokesome death-traps, nor should it contain any water to which soda has been added: Cook all peelings, potatoes and roots, such as swedes, before feeding them to your pig; mix with allowance of this swill sufficient crammings or barley-meal to make a fairly thick mash—crammings when piggie is a youngster, and barley-meal when you start feeding for fattening.

Surplus swill may be stored in a tub, but this should be kept as clean and sweet as your own stock-pot.

Do not give cold food to a young pig; take the chill off ration of swill by the addition of a little warm water before stirring in the crammings.

Last, but of paramount importance, do not over-feed your piggie. Four times a day, in the early days, he should straightway gobble up all you put in his trough—if he leaves any, take it away till next feeding time. When he is about three months old you can give him more at a time and less frequently; feed him twice a day, and in the interval you can keep him healthy, happy and quiet by throwing over to him turf, cinders, or a cabbage stalk. Under such treatment he will grow lengthways, and develop a frame worth fattening; or, to quote my maid's expressive way of putting it, "You must give him a chance to make his full length before you begin to bang the food into him three times a day, and as much as he can eat till he has to go to sleep to get over it and start again."

PREPARING FOR THE BUTCHER.—

Starve pig for twenty-four hours. When butcher arrives, have ready for his use: Stool, similar to a short but wide school-bench—pig is held down on this; bath or tub, scrubbing-brush, three buckets, two clean swabs, plenty of boiling water for removing bristles and for scouring; gambrel for suspending carcass; strong nail in outside wall on which to hang carcass; clean sack stretched beneath nail to keep carcass from contact with wall; a hole in the ground to serve as sink. A second man and a quart of beer are necessary assistants.

THE BUTCHER'S BUSINESS.—"The moment we sticks him, Miss, we cuts all his veins; he don't feel nothing."

I fled to post a letter. When I returned, less than five minutes later, the pig was in a tub, the butcher was deftly scraping off the bristles, and I was too delighted at the whiteness of its skin to feel anything but pride in my first attempt at meat production. With a clean and skilful butcher there is no need to fear unpleasant sights. When the pig has had its coat removed and the shoes taken off its trotters, it is hoisted on to the nail in the wall and the butcher proceeds to present you with the fry, etc. As you watch the crow being run off and hold a dish for the flair, from which you will make lard, you realise the truth of the saying that "there is no waste in a pig." The first day's work is finished in less than an hour.

PORK OR BACON.—The pig must be quite cold and firm before it is cut up. Lift it off the wall at night and take it indoors. The butcher will come next day to cut up the carcass, and you must then be ready to tell him how you wish it to be dissected. Your instructions will depend on whether you want a supply of pork, of bacon, or of both. As the family pig is frequently required to provide both pork and bacon, the instructions are commonly akin to the following: Head to be dressed in form of "choppers," to be cured Bath chap fashion. One side to be left intact, to be salted and dried as bacon. Other side to be cut into four pieces—leg, shoulder, loin and breast,—ready for roasting or boiling; or leg for curing as ham, remainder for roasting, etc.

Bacon: Lay flitch on a slab, salt

lightly and leave for the night. Next morning wipe off the first dressing of salt and well rub in fresh salt. Rub each side of flitch and turn every day. Time for salting flitch from a small pig of about 10 st., two weeks; flitches from a larger pig should be salted for three or four weeks. At expiration of salting treatment wipe off salt, stand flitch on end to drain for a day, and send to be smoked. As with hams, there are various ways of curing bacon to give it a distinctive flavour; for instance, sugar and saltpetre are often included with the dressing that is rubbed in. The salting method described above is the simplest, and the one that is commonly practised by cottagers who have long been accustomed to depend on home-grown, home-cured bacon for their winter meat supply.

The charge for smoking a side of bacon is very small, about 1s. 6d. or 2s. In almost every town there is some provision merchant who has accommodation for smoking bacon, and in country places you may still come across an old-time character who has the necessary facilities and knowledge for turf-smoking a flitch.

PLAICE.

Seasonable all the year round. Usually fried, whole or in fillets. Your fishmonger will fillet the fish for you if you ask him to do so when buying it. For methods of frying, see FISH.

PLAIN SEWING.

In the days when red-flannel petticoats were *de rigueur* for ladies, good housewives were expected to make by hand the household linen, all underwear for themselves and their children, and nightshirts for

PLAIN SEWING—*Continued.*

their husband and sons. Although, nowadays, a house can be quite efficiently run if no more sewing than the mending is done at home, the woman who cannot use her needle, at least for making simple things, is bound to feel handicapped at some time or other in her domestic life.

There should be no question of how much you should do, or how little you need do from the point of view of duty—if you make your own nightgowns, do not consider yourself more virtuous than the woman who never even hems a duster, for the latter may find it more congenial and profitable to work her own kitchen garden and buy her nightgowns ready-made. Or she may quite faithfully discharge her domestic business of keeping the linen in order by paying some one to do it out of her own earnings by singing or painting.

If you are fond of plain sewing, there is nothing better than a house and family for giving you scope for your talent. But even if you have no bent for this particular kind of work you should be able to run, hem and fell, and to turn suchlike plain stitching to practical account in all cases of expediency and emergency that may arise. And if your education has been so heinously neglected that you cannot turn a length of linen into a roller towel, do not be above taking a few practical lessons from someone who can sew, even though you are grown-up enough to be a married woman.

The following hints are designed to help the novice undertake work that is most likely to claim her attention or appeal to her imagination. It is taken for granted

that she has learnt, or will set about learning without delay, such elementary matters as the various kinds and uses of plain stitching, and the difference between a reel of 40 cotton and a reel of 100.

Household Plain Sewing.—**DUSTERS.**—Hem or machine-sew sides without selvage. Mark with a name-tape. Sew a tape loop at one corner of any to be hung up for special service, as, for instance, for wiping knives after cleaning.

KITCHEN CLOTHS.—Treat glass-cloths, etc., in same way as Dusters.

SHORT CURTAINS.—Measure windows very carefully, and in calculating total length of material required, allow for top and bottom turnings to each curtain. Amount allowed for turnings will depend on whether curtains are to be suspended by rings or whether rod is to be run through top, or top and bottom hems; and allowance must also be made for shrinking—an extra inch or so of length can easily be disposed of by means of wide hems or hems with double turnings.

Hems should be undone before curtains are washed for the first time.

See also **SHEETS, TO RENOVATE.**

Personal Plain Sewing.—**CHILDREN'S UNDERWEAR.**—The work of making children's underclothes has been considerably reduced by the introduction of woven woollies, which are so highly recommended by the medical profession. The principal kinds of sewn undies that are now made for children are dayshirts and pyjamas for boys, frilled knickers, princess petticoats and nightgowns for girls—this general statement being subject to reservation, seeing that many a modern mother favours woven knickers for her little girls by day, and pyjamas by night.

Any undies you make for children should be of a simple design that renders them easy to get on and off and simple to wash. Paper patterns are procurable from many sources for a few pence each, and frequently, too, they are presented gratis with fashion papers. Patterns are usually accompanied by very full instructions, but if you are quite a novice at interpreting such directions the following advice may not be superfluous, for it touches on essentials that are often taken for granted :

When placing on material pieces of pattern that are to be cut on the straight, lay them all in one direction of the stuff—lengthways only, not widthways.

Carefully note pieces that are to be cut on the cross.

When there are no right and wrong sides to material being used, you can cut out two sleeves or two legs at the same time without worrying as to whether they will make the desired pair.

When cutting out two sleeves or two legs at one time from single-width material, see that material is folded face to face or back to back.

If cutting one sleeve or one leg at a time, reverse pattern when you place it on material preparatory for the second operation.

As some paper patterns do not make any allowance for turnings, leave a half-inch margin on all sides when cutting material, unless directions on pattern distinctly state that this is unnecessary.

LINGERIE.—The adoption of the French name for ladies' underwear indicates the great change that has taken place during recent years in our national ideas of taste and style in dress. Now that lingerie has become a series of dainty compositions in choice materials, the making

of it falls, rather, under the head of fancy work than under that of plain sewing. Patterns, as a rule, are very simple, and easy to cut out, but the making often calls for knowledge of intricate embroidering and drawn-thread work, and for considerable experience in tricky details of *appliqué* and insertion.

PLATE.

See **HOUSE, EQUIPMENT OF**, under *Silver*.

PLUMS.

To Bottle, to Can, to Dry, to Pulp,
see **PRESERVING FRUIT**.

PLUM PUDDING,

see **BOILED PUDDINGS**.

POISONING.

So-called accidents that result in somebody in the house being poisoned are nearly always carelessness. Keep poisonous medicaments under lock and key, photographic and other hobby chemicals well out of baby's reach ; take care that all your cooking pots and pans are kept scrupulously clean ; buy good food and keep the larder clean . . . in short, cut down the risks of accidental poisoning to a minimum. But however careful you may be, there are a few kinds of foodstuffs, notably shell-fish and mushrooms, which may look and taste all right but prove all wrong ; unless you are so nervous that you will never have these foodstuffs in the house, you ought to know how to act in case they prove treacherous.

Fungus Poisoning. — The result may only be a bad attack of indigestion, in which case a dose of castor oil should be sufficient to clear poison out of the system.

POISONING—*Continued.*

Symptoms of a more serious degree of poisoning are shown by vomiting and diarrhoea, followed by faintness which may lead to unconsciousness and even to death if prompt help is not forthcoming. Give an emetic of warm salt water, or of one dessert-spoonful of mustard in a tumblerful of cold water, and send for the doctor. It may be necessary to administer stimulants before the arrival of the medical man. If the visit of the doctor is delayed for any reason, take the further precaution of administering a strong dose of castor oil.

Shell-Fish Poisoning.—Symptoms and treatment same as for *Fungus Poisoning.*

PORK.—Fresh and Pickled (*i.e.* Salted).

PRINCIPAL CUTS.	GENERAL METHODS OF COOKING.
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<i>Breast</i> (usually pickled)	. Boil.
<i>Hand</i> (usually pickled)	. Boil.
<i>Leg</i>	. . . Roast.
<i>Loin</i>	. . . Roast.
<i>Spare-Rib</i>	Roast.

ODDS-AND- ENDS AND TIT-BITS.	GENERAL METHODS OF COOKING.
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<i>Feet</i>	. . . Boil.
<i>Fry</i>	. . . Bake or fry. (<i>Liver, Sweetbread, and Crow—i.e. Fat.</i>)
<i>Head</i>	. . . Boil for brawn.
<i>Lard</i>	. . . Use as a frying fat, or for making pastry.
<i>Sausages</i>	. Boil, fry or bake.

CHOICE.

Preference should be given to small, young pig; lean should be greyish pink in colour and fat white. The sanitary regulations concerning

pig-keeping by both breeders and private owners are, happily, now so strict, that the consumer need have no fear of diseased pork getting on the market.

GENERAL PRINCIPLES OF
COOKING PORK.

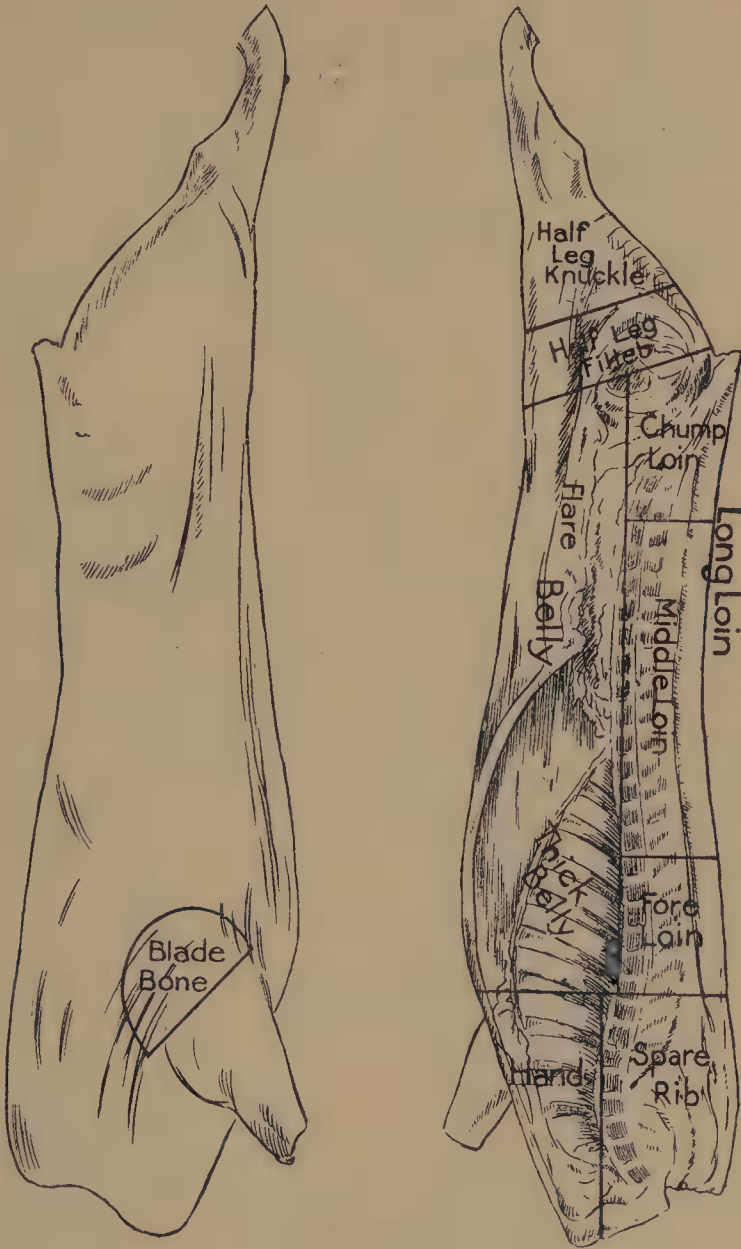
NOTE—*Pork should never be in the least bit under-cooked.*

Boiling.—Put *Fresh* pork into boiling water; *Salt*, *i.e. Pickled*, pork into cold water. Let water again come to boil, after it has been cooled by immersion of fresh pork, then stand aside to simmer gently; or, bring to the boil the cold water in which salt pork is put, then stand aside to simmer gently. *Time*: for fresh or salt pork, 25 minutes to each pound.

Pig's Head and Feet, even though not pickled, should be put into cold water.

Frying.—Heat pan well, then put in chops, which, as a rule, are fat enough to dispense with any additional fat in the pan. Directly one side of meat is set, turn over chops in pan to prevent escape of juices, but take care to put fork in fat of chops—if you pierced the lean you would let out some of the goodness of the meat. After first turning, to set both sides as quickly as possible, turn as often as is necessary to cook chops thoroughly well through and yet avoid burning either side.

Roasting, or more correctly speaking, **Baking.**—Put meat into a baking-tin, and place in hot oven. Directly fat begins to run, baste; after about a quarter of an hour, reduce heat of oven, continue cooking by moderate heat and baste frequently. As a rule, pork is sufficiently fat not to require any dripping to be dotted over it or



PORK.

The side of a pig, exterior and interior views, showing the manner in which it is divided up by the butcher and the names of the various joints.

PORK—*Continued.*

placed in the pan. *Time*: about 20 minutes to each pound and 20 minutes over.

RECIPES.

The following recipes are designed merely to indicate the possibilities of applying the foregoing notes on the *General Principles of Cooking Pork*. It often happens that two recipes can be combined to make a third and novel dish, that a hint gleaned here, and the benefit of experience gained there, will lead to the discovery of a new *plat de résistance*. Equipped with the simple knowledge of working principles and fortified with the experience of doing as you are bidden in a few recipes, you will quickly discover how easy and interesting it is to invent dishes for the edification and better nourishment of yourself and family.

NOTE—*Pork is usually cooked by one of three methods only—Boiling, Frying or Roasting. Hence General Principles have been limited to these methods. Kidneys are exceptions to the rule, being sometimes stewed; chops, too, are sometimes grilled instead of fried—such details are dealt with in the Recipes.*

BAKED COURSES.

Poor Man's Goose.—Slice a pound of pig's liver. Mix a tablespoonful of flour with a little water to make a thickish paste, and season with pepper and salt. Dip slices of liver into this paste. Have ready some par-boiled onions chopped finely, and some slices of par-boiled potatoes. Fill into a pie-dish alternate layers of liver, and chopped onion mixed with powdered sage leaves. When pie-dish is nearly full, add about a quarter of a pint of cold water. Cover with a top

layer of sliced potatoes and bake in a moderate oven for an hour.

Pork and Beans.—*Ingredients and Quantities*—1 lb. salt pork, 2 pints haricot beans, 1 tablespoonful golden syrup or treacle. A few slices of onion, some tomato sauce, and a very little made mustard are optional, and it may be necessary to add a little more salt if the pork has been only a short time in pickle.

Soak beans for at least 24 hours. Drain them and put them into a fireproof casserole. Make several deep cuts in the rind of the pork, and tuck it into the pot, so that it is completely surrounded by beans, except for the rind, which should remain exposed. Add syrup, salt if necessary, onion, tomato sauce, and mustard if liked, and put in enough cold water just to cover ingredients. Put lid on pan and bake very slowly for about 8 hours, adding a little water from time to time as the beans require it.

As an alternative, the pork can be cut into small dice and buried among the beans for cooking.

Pork and beans is a very nutritious dish. Probably there is no other combination of food that has produced such a world-famous supply of vital energy, for it is renowned as the mainstay sustenance of American and Canadian pioneers.

The Dutch Brown beans, which are gradually becoming known to us, are an even better accompaniment to pork than the well-known white haricots.

Pork Pie.—Traditions die hard. In days gone by, every cottager used to keep a pig, for which reason, probably, pork came to be considered the most plebeian of meats. It was with a view, doubtless, to promoting the pig in the social scale, that some enterprising chef

turned out a beautifully moulded raised pie, containing pork in jelly, and started the legend that the name "Pork Pie" must only be employed to signify a similarly elaborate creation. Thanks to improved sanitary regulations and the exigencies of the war, pork has now been accepted on its own merits by all classes, and there is no need, therefore, to apologise for a recipe that invites you to sample a *plain* pork pie, made and served in a pie-dish on the lines of a veal and ham or steak and kidney pie.

You can use for this dish any pieces of pork that are not included among the prime cuts—for instance, spare-rib, or lean trimmings from the breast, but be sure to include some gelatinous portion of piggie, such as a trotter or a cheek.

Stew pieces and gelatinous portion, seasoned to taste with salt and pepper, until quite tender; drain meat from gravy, remove bones, skin and gristle, and cut up all appetising parts into dainty morsels—a cheek or half a head will contribute some very tasty pieces, as also will a kidney or some of the fry, if these latter have been included in the stew-pot.

Put pieces into a pie-dish, and add some slices of stewed apples—if you like very tasty food, add also a soupçon of herbs, such as a little sage, some tomato sauce or a boiled onion chopped fine. Pour in some gravy, and adjust an egg-cup topsy-turvy in centre of dish to hold up crust, which, however, should not be put on until contents of pie-dish have cooled.

To make the paste, see PASTES AND PASTRY.

Bake in a quick oven at first to encourage paste to rise, but take care that gravy does not boil up

and make the paste sodden; reduce heat after about 10 minutes, and finish cooking.

Roast Leg or Loin of Pork with Apple Sauce.—For method of cooking joint and requisite time, see introductory hints on *Roasting* preceding these recipes. Serve with Apple Sauce, for which you can use fresh apples, or some of your home-made preserved apple pulp. The ready-made apple pulp only requires heating, and, if you like, the addition of a very little sugar and a clove or two. If fresh apples are used, they must be peeled, cored and stewed sufficiently soft to be rubbed through a colander or sieve into pulp form, and subsequently reheated and flavoured.

An old-fashioned country way of preparing pork for roasting, is to slice thinly some raw onion over the joint before putting it in the oven to bake.

Sausage Toad in the Hole.—Make a batter as for Yorkshire pudding (see PASTES AND PASTRY). Pour into a flat baking-tin, and when batter has been slightly set by baking, arrange sausages on the top of it, with chopped boiled onion to fill up intervening spaces. Dot over with dripping and return to oven to finish cooking.

See also BACON; HAM; and PIGS.

BOILED COURSES.

Brawn.—Put into a saucepan half a pig's head, with sufficient cold water to cover it completely. Add salt, pepper, an onion or two, two or three carrots cut in rounds, two or three bay leaves, a sprig of parsley and thyme. Cook slowly until meat is quite tender and will easily come away from bone. *Time:* 5 or 6 hours.

Remove meat from bones and

PORK—*Continued.*

cut into small strips—include rind and tongue. Flavour tastily with spices and chopped parsley. Pack into a mould and add a very little of the liquor in which head was cooked—but none of the vegetables. Put a weight on the mould and stand aside to get quite cold. Turn out when required for use. A good dish for breakfast or Sunday supper.

Boiled Salt Pork and Pease Pudding.—Any joint of pickled pork is suitable for this dish—flank, streaky, spare-rib or leg.

To Boil the Joint: See preliminary hints on *Boiling Pickled Pork* preceding these recipes. Vegetables, such as onion, parsnip, carrot and celery, may be put in the pot to boil with the pork with a view to making the meat more tasty.

To make the Pease Pudding: Use split peas and soak them in water overnight. Drain, put into a saucepan, cover with cold water. Simmer peas gently until they are sufficiently tender to rub through a sieve. Season the purée of peas with salt and pepper and stir in a piece of butter or dripping—if you have any bacon fat left over, for instance, from fried rashers, it is excellent for this purpose. Pack prepared purée of peas into a well-greased basin or mould, and bake in a moderate oven for about half an hour. Turn out and serve hot with the boiled pork.

Sausage Pudding.—An economical, tasty and substantial pudding, with suet crust, can be made with sausages on the lines of a steak and kidney pudding (see BEEF). Previous to being put into the pastry-lined basin, the sausages should be boiled, skinned and cut into inch-lengths. Sausages must be well pricked before they are boiled, to prevent skins from bursting.

FRIED AND GRILLED COURSES.

Pig's Fry and Onions.—Prepare and fry the Fat and Liver in same way as if dealing with Lamb's Fry (see LAMB). In the fat left in pan fry finely-chopped onion.

Fried Sausages.—Prick sausages well with a fork to prevent bursting. Fry in hot fat.

Grilled Chops.—Bars of grid-iron should be well greased and thoroughly heated. Sprinkle chops with salt and pepper and grill over a clear fire which, however, must not be fierce. Do not forget that pork should be well done, so you will have to turn the chops from time to time and carefully guard against sides getting scorched and leaving interior semi-cooked. It takes about 25 minutes to grill pork chops of medium thickness. Serve your grilled chops with a sharpish tasting sauce, such as tomato sauce, or sauce piquante (see SAUCES).

STEWES.

Pig's Kidneys may be fried or grilled, but stewing makes a more delicate dish of them. Split kidney so that it will lie flat, and season with salt and pepper. Boil a little milk in a saucepan, stir in a piece of butter and in this gently stew the kidney until tender. Serve with fried bacon.

POSTAL FACILITIES.

The facilities offered to the public by British Post Offices are unrivalled by the Postal System of any other part of the world. There is no patriotic bias behind this assertion—it is a plain statement of fact based on a wide experience of foreign travel.

Yet the average person makes no use of these facilities beyond the

purchase of stamps and postal orders, and the dispatch of telegrams or parcels.

Through the medium of the Post Office you can have your letters re-directed free of charge, for a year, to a new address, and you can obtain a renewal of this privilege for an unlimited period by payment of a small annual fee.

You can expedite the delivery of your letters by availing yourself of the choice of three Express Delivery Services, any of which is executed for a few pence: By Special Messenger all the way; by Express Delivery from the other end, that is to say, by Express Messenger from the Post Office in the town to which letter is addressed; by Special Delivery in advance of the ordinary mail at the request of the addressee—that is to say, if you live in the country and have to catch an early train before the first post is delivered in the ordinary course, you can arrange with the Post Office for a special early delivery of your letters.

You can send an Agreement through the Post Office to be stamped at Somerset House.

If you live in the country, some distance from a Post Office or Letter Box, you can hand to the rural postman on his round letters and parcels for dispatch.

You can transmit, through the Post, money and valuables up to the value of £400, and safeguard yourself against loss or damage by a system of insurance known as Registration. The extra payment is only a few pence, but as the scale of charges varies according to valuation, you must be careful to remember that when you hand anything over the counter and merely say, "to be registered," it will be taken for granted that you only wish to pay

an extra twopence that covers compensation up to £5. If you want to cover a larger sum you must distinctly say so, and be prepared to pay the few extra pennies that will enable you to sleep comfortably without fear of pecuniary loss.

These are only a very few hints as to the manifold uses you can make of the Post Office in the pursuit of business and pleasure. Detailed information concerning all such facilities is clearly and concisely given in an official publication known as the Post Office Guide, which is published periodically and is sold at all Post Offices. Equip yourself with a copy and keep it handy so that you can refer to it frequently.

POTATOES.

New, *to Bottle,*

Old, *to Dry,*

see PRESERVING VEGETABLES.

Recipes for Cooking,

see VEGETABLES, TO COOK.

POULTICES.

Linseed.—Heat a basin well by leaving boiling water in it for a few minutes. Turn out this water, and replace it with $\frac{1}{2}$ pint of boiling water. Sprinkle in about 4 oz. of freshly crushed linseed (linseed meal) and mix quickly with a knife. The mixture should be sufficiently thick to adhere together, but not too thick to spread.

Spread on to rag, flannel or muslin, to a thickness of about $\frac{3}{4}$ inch. Cover with a piece of muslin, and turn over sides of rag to keep linseed in bounds; or let rag be sufficiently large to be folded over bag fashion. Apply, cover with a piece of oilskin, and fix in position with a silk handkerchief or a bandage.

A linseed poultice should always

POULTICES—*Continued.*

be applied hot. When cold, after about 2 hours, it should be replaced by a freshly-made hot poultice, which should be ready to put on when first one is removed.

When there is no further need for poulticing, it is advisable to put a piece of flannel in place of poultice to counteract risk of a chill.

Linseed and Mustard.—Proceed as for linseed poultice, but stir in a little mustard previously mixed to a paste. Allow about $\frac{1}{2}$ oz. of mustard to 4 oz. of linseed meal.

Mustard Leaves are now more generally used than a mustard poultice; sold by all chemists.

Bread.—Put some stale crumb of bread into a previously heated basin, cover with boiling water, and stand a plate on top of basin. Leave bread to soak for a minute or two, then strain off water, squeeze bread, and put it in a piece of clean old rag.

POULTRY.

The family name for CHICKENS, DUCKS, GEESE and TURKEYS, under which headings they are herein dealt with in detail.

PRAWNS.

These shell-fish are usually sold ready boiled for eating, and are delicious served, without further cooking, as a hors-d'œuvre.

As an ingredient of hot dishes, they are particularly popular as the base of a curry. See CURRY.

PRESERVING FRUIT.

Is it worth while? That is the question which most people ask before they are prepared to take any interest in how it is done.

The answer is in the affirmative, without doubt . . . provided you

know how to make use of the fruit after you have taken the trouble to preserve it. We are setting out to see not only the different ways in which a surplus of summer fruits can be held over to the winter in a state that is practically as good as fresh, but the multitudinous ways in which the preserved reserves can be utilised to contribute good and healthy dishes to winter-day menus.

The principal methods of preserving fruit are:—

Bottling.

Pulping.

Canning.

Drying.

All these methods are practicable in any home, but the choice for each individual household should be governed by—

- (a) Size of family.
- (b) Possibilities of obtaining supplies for preserving either from own garden or by purchase at a reasonable price.
- (c) Taste for dried fruits, particularly apples and plums.

Generally speaking, BOTTLING is the most practical method for ordinary family requirements; and CANNING for schools and institutions. DRYING can be practised on a small, medium or big scale, and the products thus prepared have the advantage of being easily stored, whilst they offer a welcome change of good fare, particularly when they take the form of pippins, apple rings or prunes.

All the methods enumerated, with the exception of Canning, can be employed without the assistance of any equipment other than the kitchen stove and ordinary kitchen utensils. But, beyond all dispute,

the use of the special outfits that have been respectively designed for simplifying one or other of the methods is a dominant factor in producing superior results, both in the way of flavour and appearance. As the initial outlay is only a matter of a pound or two, and the utensils can be used over and over again, you can acquire a capital possession at a negligible cost.

It should be clearly understood that it is equally well worth your while if you live in a town, no less than in the country, to preserve at home supplies of fruit for home use.

Bottling.—EQUIPMENT:

- (a) STERILISER.
- (b) VACUUM BOTTLES.

A STERILISER is a boiler with a false bottom, and fitted with a thermometer. The size of steriliser you will require is determined by the size of bottles to be used, and you should decide the latter point according to the size of your family. The 2-lb. size is a good average, and a popular-sized steriliser holds six bottles of that capacity.

There are several makes of sterilisers to choose from, but the leading patterns comprise only two classes:

- (a) Plain false bottom.
- (b) False bottom fitted with divisions designed to accommodate bottles of one size only, or maybe of only one particular pattern.

The former afford you the choice of using different-sized bottles at different times according to available supplies of different kinds of fruit.—Thus 1-lb. size bottles of strawberries and 7-lb. size bottles of plums or *vice versa*. Care,

however, must be taken to avoid overcrowding which exposes bottles to the risk of being cracked by contact. As a compensation for the limitations of the divisionally arranged false bottomed class of sterilisers this risk of contact is practically banished. But it is an open question as to whether this suppression of a risk, which is in any case slight, makes up for the attendant restrictions.

VACUUM BOTTLES are also made in several patterns, most of which can be obtained in several sizes—1, 2, 3, 4 and 7-lb. The principal differences are in the lid and seal; thus the lid may be of glass or tin, and the seal consist of a screw band or a spring clip. Both the band and clip seals are reliable and simple; but in the matter of lids glass is preferable to tin both for cleanliness and security against metal poisoning. Naturally, if tin lids have a porcelain lining they are as safe and clean as glass ones.

TO BOTTLE FRUIT IN WATER, WITHOUT SUGAR.

CHOICE OF FRUIT.—Any variety of any kind of fruit, soft or stone, can be preserved in water by the sugarless method. But gooseberries give most satisfactory results when they are quite green (full grown, without having started to change colour), and cooking varieties of apples and cherries are preferable to the dessert varieties.

All fruit for bottling should be underripe—slightly underripe for most kinds, but well underripe in the case of greengages as well as in that of gooseberries already mentioned.

The best quality fresh-picked fruit may result in a bottled product that

PRESERVING FRUIT—*Continued.* is an unappetising looking and tasteless mess, whilst second or third quality material that is not preserved until several hours after being gathered may result in a bottled product that is nearly akin to first class in appearance and flavour. Results depend so largely on the amount of care that is given to details throughout the whole course of treatment—scrupulous cleanliness, strict attention to thermometer, conformity to regulation time-table, etc. Naturally the best results are obtained from a combination of interest in the work and best quality, fresh-picked fruit.

PREPARATIONS FOR PROCESSING.—Top and tail gooseberries; remove stalks from strawberries, raspberries, currants, etc.; prick, with a needle or sharp-pronged silver fork skins of plums to prevent cracking; peel and core and halve, quarter or slice apples and pears; cut rhubarb in chunks or split sticks in halves lengthways and cut to length of bottle. To prevent discolouring of apples and pears, which so quickly turn brown when exposed to the air after peeling, drop them immediately they are peeled into a bowl of cold salted water, about one tablespoonful of salt to four pints of water.

Pack fruit tight into bottles, which must have been previously washed absolutely clean; rinse contents of packed bottle under running tap, and when pouring off water use the fingers of one hand as a temporary lid to prevent fruit falling out. Next fill bottle to overflowing with clean, cold water, put on rubber ring and glass stopper, and fix metal band or spring clip. The metal band form of seal should be screwed slackly so that glass may

have room to expand under the heating process which is to follow.

Put sufficient cold water in steriliser to submerge bottles completely.

Stand steriliser, containing packed bottles, on side of fire or on gas stove or oil stove turned low. The application of heat must be gradual so as to obviate risk of bottles bursting; increase heat as bottles and water get warmed up to their job.

METHOD OF PROCESSING.—For all fruits, with the exception of black currants, apples and pears, the temperature should gradually be brought up to 130° Fahrenheit during the first hour, increased to 150° F. during the next half-hour, and kept at 150° F. for a further five minutes. *Total time: 1 hour 35 minutes for:*

Bilberries.	Greengages.
Blackberries.	Loganberries.
Cherries.	Mulberries.
Cranberries.	Plums.
Currants (red and white).	Raspberries.
Damsons.	Rhubarb.
Gooseberries.	Strawberries.

FRUITS REQUIRING HIGHER TEMPERATURE:—

Apples and Pears.—Temperature to be brought up to 150° F. during first hour, increased to 180° F. during next half-hour, and maintained at 180° F. for a further 5 minutes.

Total time—1 hour 35 minutes.

Maximum temperature—180° F.

Black Currants.—Temperature to be brought up to 140° F. during first hour, increased to 160° F. during next half-hour, and maintained at 160° F. for a further 5 minutes.

Total time—1 hour 35 minutes.

Maximum temperature—160° F.

Tomatoes (treated as fruit).—To bottle tomatoes whole: Choose small ones of even size. Prick skins, as for plums, to prevent cracking.

Pack bottles and fill up with cold water as previously directed, and also add to each bottle a little salt— $\frac{1}{2}$ teaspoonful salt to a 2 lb.-size bottle. Put on rubber ring, etc., as previously directed.

Bring temperature up to 150° F. during first hour, increase to 180° F. during next half-hour, and maintain at 180° F. for a further 15 minutes.

Total time—1 hour 45 minutes.

Maximum temperature— 180° F.

See also *Pulping*.

COOLING OFF AND STORAGE.—

When processing is finished, take bottles out of steriliser one at a time, and if they have a metal band, screw this up tight. Stand aside to cool. Avoid sudden changes of temperature, such as draught or contact with cold bricks, which might make bottles crack. Keep an eye on the bottles while they are cooling; the glass will contract, making it necessary to give another turn or two to the screw-cap. Failure to tighten up the screw during the cooling stages is often responsible for bottles not sealing.

Next day, when bottles are quite cold, unfasten screw or clip to see whether a secure sealing has been effected. Lid should be tightly attached to neck of bottle through medium of rubber ring.

Any bottles which have not sealed must be reprocessed in accordance with preceding instructions, as if being sterilised for the first time.

Before replacing screw bands or spring clips on sealed bottles, rub them over lightly with vaseline or

salad oil, a precaution which enables them to be removed easily even after a lengthy period of storage.

Store bottled fruit in a cool, dry place.

All preserved provisions should be clearly labelled with name of contents and date of processing.

TO BOTTLE FRUIT IN SYRUP.

Follow in every detail the instructions for bottling without sugar, with the one exception that instead of filling the bottles to overflowing with cold water previous to sterilisation, you should fill them with cold syrup. Strength of syrup used must be determined partly by individual taste, and partly by the natural acidity or sweetness of the fruit with which it is to be used. The proportion of $\frac{1}{2}$ lb. sugar to 1 pint of water gives a syrup of medium sweetness. The simplest way of making the syrup is to pour boiling water on to the sugar and stir until the latter is dissolved. The syrup must be allowed to get quite cold before being filled into bottles. Warm syrup can do more damage than causing a bottle to crack: it effects a sudden rise of temperature in the bottles instead of the gradual rise which is a main factor of success in the process of sterilisation.

Naturally, you will want to know whether it is an advantage to bottle in syrup. That is a matter of opinion. Speaking from our own experience, we should say, rather, it is a disadvantage, except when contents of bottle are of dessert quality, are of a nature to be sufficiently cooked for use by sterilisation, and are intended to be served as a compote without any further preparation for the table. For instance, choice pears, raspberries and strawberries

PRESERVING FRUIT—*Continued*
would be spoiled by further cooking after sterilisation, because they would be reduced to a pulp; therefore it is better to bottle them in syrup and serve them on auspicious occasions as a dessert delicacy. But you will need to cook some of your bottled supplies, either because you require them for tarts and puddings, or because they were not of a nature to get fully cooked during sterilisation. It is an economy to bottle such fruits in water, and wait to add the requisite amount of sugar at the time of cooking. As witness to this advice, we opened green gooseberries that had been in bottles for a full year, and found that they had so far developed their own sugar secretion as to require no outside assistance, except for anyone with a very sweet tooth.

COTTAGE METHODS OF BOTTLING FRUIT.

(a) OVEN METHOD.

Use ordinary glass bottles or empty jam jars. Glass bottles are preferable because you can easily keep an eye on their contents during time of storage, and should any of the fruit develop signs of mildew you can use it up at once and thus avoid waste.

Pack bottles as full as possible with fruit, but at this stage *do not add any water.*

Put packed bottles into a slack oven. The oven shelves should have been previously covered with a sheet of tin or with thickly folded paper. The cold bottles might crack if they came into direct contact with warm shelves, and any little crack is a danger zone for the passage of destructive germs. Lay a piece of paper or put a fire-proof plate or saucer over the mouths

of bottles to prevent top layer of fruit getting shrivelled.

When bottles are warm you can increase the heat in the oven.

When fruit begins to crack and sink, take bottles out of oven one at a time, fill up with boiling water and seal securely. For sealing you can use:

(1) Parchment paper which has been previously damped and dried; after tying this over mouth of bottle brush it over with gum, melted resin or paraffin wax.

(2) Any kind of clean white paper—economical covers can be made by cutting up paper bags. Such covers should be brushed over with smooth boiled starch on both sides, and the edges should be fastened to sides of bottle so that all air is excluded; but do not stretch covers too tightly over mouth of bottle, as starched paper shrinks when drying.

(3) Melted mutton fat. In this case do not fill bottles right up with boiling water, but leave space enough for a "lid" of mutton fat about $\frac{1}{2}$ inch thick.

(b) IN SAUCEPAN OR FISH KETTLE WITHOUT ASSISTANCE OF THERMOMETER.—Use any kind of bottles or jars, preferably in glass.

Choose any of your saucepans, casseroles, boilers or fish kettles that are deep enough to hold the bottles to be used. Make a false bottom to selected pan by tacking together strips of wood into a trellis work, or by using a two or three-fold thickness of wire-netting; or by putting hay or straw in bottom of pan.

Pack fruit tightly into bottles and fill nearly to the brim with clean cold water.

Put into pan enough cold water to reach to shoulders of bottles.

Stand packed bottles in pan, put on lid and place on side of fire so as to bring heat up very gradually until water in pan is simmering (very gently bubbling). Keep simmering for half an hour.

Take bottles out one at a time, and seal down securely by any of the mediums explained under "Oven Method."

Pulping Fruit.—Through the medium of Pulping large quantities of fruit can be dealt with in a short time, and the result is concentrated nourishment that can be stored in a small space.

No sugar should be used in the process of pulping, or the result will be all jam, whereas the object of pulping, which process is merely "concentrated bottling," is to preserve ample supplies that can be transformed at will into jams, compotes, fruit moulds, flans, fools, and an infinite variety of other good things.

There are several methods, but after continuous experiments with several of them, here is the one which we consider combines the maximum of simplicity with the minimum expenditure of time, labour and fuel that is consistent with absolutely reliable results :

EQUIPMENT. — *Steriliser* and *Vacuum Jars* as required for bottling. *Preserving Pan*. *Wooden Spoon*. *Fruit Paring Knife*. *Colander*. *Wooden Pestle*.

CHOICE AND PREPARATION OF FRUIT.—Any kind of fruit can be pulped, and it is not necessary or advisable to choose perfect specimens. An outstanding advantage of pulping is the possibility it offers you of preserving fruit that is not sufficiently attractive in appearance,

or sufficiently sound throughout, to be bottled whole. No decayed fruit must be allowed to find its way into pulp. On the other hand, you may and should include such supplies as have commonly been wasted in the past: as, for instance, sound portions of bruised apples, strawberries and raspberries a bit the worse for wear through travelling.

All fruit for pulping should be well ripe.

The following pulp well:—

Apples.	Plums.
Blackberries.	Raspberries.
Currants, black	Rhubarb.
and red.	Strawberries.
Damsons.	Tomatoes (treated
Gooseberries.	as fruit).
Loganberries.	

Soft fruits need no preparation for the cooking process to follow, other than being picked over and stalked. Other fruits should be cut up small to expedite their transformation into a purée.

Apples—Wipe clean. Peeling is optional, but peeled fruit gives a pulp of finer texture and appearance. Cut away decayed parts. Cut up sound portions and remove core.

Damsons and Plums — Remove stones. If you have time crack them, as the kernels will improve flavour of pulp.

Rhubarb—If old, string the sticks. Cut into chunks, which recut into small dice.

COOKING PROCESS.—Put prepared fruit into preserving-pan. If necessary, a little water may be put with such fruit as apples and plums to prevent burning before juice begins to exude; but whenever possible avoid this addition. Heat very gently until some juice has been extracted, and stir frequently until risk of burning is reduced to a minimum. Then increase heat so as to reduce

PRESERVING FRUIT—*Continued*
contents of pan to pulp form as quickly as possible. There is no regulation time, nor is it essential for the fruit to boil, and equally no harm is done if it does boil; the objective of cooking in an open pan, for the method of pulping now being described, is merely to reduce the fruit to a mash, without any further demand on your time and attention than is required to prevent burning.

Pass contents of pan through colander with aid of wooden pestle. For superfine texture of pulp use a sieve instead of a colander.

Stand purée aside to get absolutely cold.

STERILISATION PROCESS.—Fill vacuum bottles with cold purée, put on rubber ring, previously damped, and lid, fix screw band or spring clip. Note, no water is put into the bottles.

Put packed bottles into steriliser containing sufficient cold water to reach up to their shoulder.

Sterilise for precisely the same time, and raise temperature to exactly the same degree as when bottling fruit of the same kind as you now happen to be pulping. Thus:

Apples—Total time in steriliser—1 hour 35 minutes.

Maximum temperature—180° F. (up to 150° F. during first hour, increase to 180° F. during next half-hour, and maintain at 180° F. for 5 minutes).

Black Currants—Total time in steriliser—1 hour 35 minutes.

Maximum temperature—160° F. (up to 140° F. during first hour, increase to 160° F. during next half-hour, and maintain at 160° F. for 5 minutes).

<i>Blackberries</i>	} Total time in steriliser—1 hour 35 min. Maximum temperature—150° F. (up to 130° F. during first hour, increase to 150° F. during next half-hour, and maintain at 150° F. for 5 min.).
<i>Currants, red</i>	
<i>Damsons</i>	
<i>Gooseberries</i>	
<i>Loganberries</i>	
<i>Plums</i>	
<i>Raspberries</i>	
<i>Rhubarb</i>	
<i>Strawberries</i>	

Tomatoes—(treated as Fruit, see also under *Bottling*). Tomatoes should be skinned and cut up preparatory to being reduced to a pulp in preserving-pan. If they are scalded for a few minutes in boiling water the skin will easily peel off.

Total time in steriliser—1 hr. 45 min.

Maximum temperature—180° F. (up to 150° F. during first hour, increase to 180° F. during next half-hour, maintain at 180° F. for a further 15 minutes).

Salt in proportion of 1 teaspoonful to a 2-lb. size bottle should be added to tomato purée before sterilisation.

COOLING OFF AND STORAGE.—Follow instructions given under *Bottling*.

COTTAGE METHOD OF PULPING.

Use any kind of bottles or jars, preferably in glass.

Select and prepare fully ripe fruit as for pulping in vacuum bottles. Put prepared fruit into a preserving-pan.

HEATING PROCESS.—Heat the pan very gently until sufficient juice has been drawn from the fruit to minimise danger of burning. During the gentle heating period stir the fruit occasionally with a wooden spoon, remembering that burning is more apt to start in the middle of the pan, but that the sides must also be kept clean. When juice

has been drawn, increase heat until the fruit *boils*, stirring constantly, then *boil for an hour*. The fruit must not go off the boil, and it is not boiling when a few bubbles rise, but only when the whole surface is covered with bubbles.

PREPARATION OF JARS.—See that jars are spotlessly clean and well warmed. Turn them upside down, and fill them with sulphur fumes; the fumes can be introduced by putting some sulphur on an iron spoon, lighting it with a match or a little bit of live coal, and slipping the smoking spoon under the neck of the jars. If the jars are stood in rows, the spoon can quickly be transferred from one to another. Sufficient fumes have been introduced when a glass jar assumes an opaque appearance.

FILLING THE JARS.—Turn up the jars one at a time and fill with boiling pulp. When one jar is filled, take up the next of the ready sulphured row, and sterilise the surface of the pulp in the filled jar by circling sulphur fumes over the neck opening. Sulphur fumes fall more readily than they rise, hence it is quite easy to fumigate the top of a pulp-filled jar by a few movements of another ready-sulphured jar; the latter will, of course, have to be re-sulphured before it is filled with pulp. Tie down quickly with parchment paper, and brush this over with a coating of gum; also gum down sides of cover to jar to ensure a thoroughly air-tight seal.

Finish off one jar before you fill the next, and keep the pulp boiling in the intervals.

Opening Vacuum Bottles.

You will want to use your bottles again next year, so open them

carefully. The parts most easily damaged are screw cap, rubber ring and glass lid.

Unscrewing Cap.—There should be no difficulty about unscrewing metal cap, if you oiled it as previously directed before the final fixing previous to storage. If you omitted to take this precaution and cannot move cap, turn bottle upside down and slowly trickle a few drops of salad oil between rim of cap and neck of bottle; leave oil to soak in, reverse bottle and again try the strength of your wrist.

Breaking the Seal.—Seal may be broken by inserting the edge of a knife between glass lid and rubber ring; but if force be exerted in this method of leverage the ring is liable to get a cut that will disable it for further service. A safer method is to stand bottle in a saucepan containing a little cold water, and gently heat; steam will induce lid to slacken its hold. It is not necessary to use your steriliser for unsealing a single bottle. Any saucepan will serve your purpose, and it need not be deep enough to enclose bottle under a lid, as a cloth can be thrown over it tent-fashion to conserve steam. But do not set the pan directly over fire. When feeling glass lid to see if it has slackened its hold, grip it securely; remember that once it breaks contact with rubber ring it is only balanced on neck of bottle, and the merest jerk may fling it to destruction.

Outfit for Preserving.

So far mention has been made only of the special requisites for bottling and pulping, it having been taken for granted that the other necessary or desirable appliances are included among your ordinary kitchen utensils.

PRESERVING FRUIT—*Continued*

It is, however, better to have a separate outfit of the accessories connected with the work, and to keep the equipment all together in a place apart.

Generally speaking it is too much to expect servants to do the extra summer work of bottling reserves for the winter; it is an undertaking that requires a good deal of consecutive time and concentrated attention to detail. Such work provides a pleasant and interesting occupation, which is far from being mechanical, and which affords scope for artistic fancy in the packing of contents within the bottles. In homes where the experiment has proved an unqualified success it will usually be found that the work of bottling has been done by the mistress of the house, assisted by her friends. You will do well to act likewise, and in the circumstances you will probably much prefer to have a separate equipment of things for your own use.

In addition to steriliser, supply of vacuum bottles and preserving-pan, you will require the following:—

Two or three Basins, one large enough to hold colander, one to hold salted water for peeled apples or for scalding tomatoes, etc.

Colander.

Sieve, hair or wire.

Deep Enamel Tray }
or } to hold sieve.
Enamel Baking-tin }

Thermometer (spare), to register at least up to boiling point, 212° F.

Chopping Board.

Two or three Wooden Spoons, different sizes.

Small Mop Brush, for cleaning bottles.

Two Short Sticks, one with pointed end, one with flat end, for packing fruit into bottles.

Two or three Iron Teaspoons, if you are going to sulphur bottles for holding pulp.

Two or three Dessert-spoons.

File, for removing rough edges and "pimples" from rim of bottles.

Two or three Rustless Paring Knives, for peeling apples, etc.

Knife Sharpener.

Swabs.

Glass Cloths.

Hints for Courting Success.

Can you tell me why . . . my fruit has risen in the bottles? . . . My bottles won't stick? . . . My fruit isn't keeping? . . . My apples look such a muddy colour? . . . My plums have burst their skins? . . .

Such are some of the hundred and one questions that are frequently asked by the novice, who, in the same breath, swears by Allah that she has faithfully carried out bottling instructions to the letter.

By this time, I hope, you will have realised that it is not only necessary to carry out instructions to the letter, but to put your heart into the work. Although you may have an occasional failure, no matter how careful and enthusiastic you may be, a very little experience should soon teach you that the reason of such questions as the foregoing seldom lies in grave mistakes, but usually in neglect of some detail that seems trifling but is of the utmost importance. Here then are some reminders of details that call for your special attention:

See that everything you use is scrupulously clean, and clean up as you go.

Before using a bottle carefully examine rubber ring to see whether it is perfect; if it has a flaw, or the slightest suspicion of a flaw, reject it, as the smallest hole, crack or ridge in it may prevent the bottle sealing. If ring is hard, put it in warm water for a few minutes to soften rubber. Run your fingers round neck of bottle in search of

chips and flaws which would prevent sealing. A dent or chip in collar of bottle cannot be remedied, and such a bottle should therefore be rejected (it may be put on one side to be used as a jam pot). It is, however, easily possible to remove slight excrescences by the aid of a small file. A similar examination should be made of lids.

Have handy a supply of spare rings, lids and screw bands or clips in case any such parts of the bottle you are using should prove faulty.

Use best quality fruit only for bottling; second best supplies can be made into pulp or jam. But all fruit for preserving must be picked dry.

Pack bottles as full as possible with fruit. Slack packing is one of the very common reasons for fruit rising in bottles during sterilisation. Such rising indirectly affects the quality of the fruit by spoiling its appearance. The handle of a spoon is a useful help in packing fruit compactly into bottles, as also are the tips of your fingers; best of all are two pieces of wood, one with pointed end, one with flat end. You can easily make these packing sticks for yourself with a couple of smooth sticks from a bundle of fire-wood and a penknife to shape them into handles and blades. Provided you have the necessary time at your disposal, endeavour to pack artistically as well as tightly. A variety of attractive effects can be produced through such mediums as the arrangement of raspberries and red currants in alternate layers, etc. The pleasure of seeing your store-room shelves lined with rows of decoratively packed bottles greatly enhances the pleasure of eating the fruit when the time comes for opening the bottles.

After packing bottles with fruit,

fill to overflowing with cold water all those which, by the nature of their contents, are destined to be completely submerged under water in steriliser.

Make sure that false bottom is in steriliser before you put in the bottles; also that you have given screw band enough play to allow heated glass to expand without risk of a burst up.

Do not leave rise of temperature to chance. Watch thermometer and regulate heat by adjusting lamp or gas or by moving steriliser nearer to or further from fire. Do not attempt to hasten rise of temperature at outset of heating operations; impatience at this stage may lead to the unpleasant shock of seeing bottom fall clean out of bottles when the latter are removed from steriliser. Also, beware of letting temperature mount rapidly and irregularly, instead of gradually and evenly, or rise above the degree stipulated in the time-table for the various kinds of fruit. Letting temperature go up too quickly or too high are two more of the common reasons for fruit rising in bottles.

When removing bottles from steriliser avoid exposing them to any sudden change of temperature. Tighten screw band of one bottle before removing another bottle from steriliser, so that there shall be no fear that you will forget this very necessary aid to sealing. As glass will contract whilst cooling, you must retighten the screws of all bottles, at least two or three times, at intervals of two or three hours.

Keep well under control your very natural desire to discover whether your bottles have sealed. Give them time to seal and the chances are all in favour of their

PRESERVING FRUIT—*Continued*

doing so when you have faithfully carried out your part of the work up to this point; but try to peep before it is time to look and you may undo in a moment the work of hours. Leave the bottles to get cold for at least ten or twelve hours before attempting to see if they have sealed.

If at first you don't succeed, try again. You will be surprised to find how very little practice you will need to become quite professional at the work.

WAYS OF USING BOTTLED FRUIT.

Hitherto, bottled fruits have been appreciated chiefly as a ready-made make-shift for the pudding course; they have merely been turned out into a dish to be served with boiled custard or rice pudding. A few simple experiments will speedily show you that bottled fruit can excel in taking practically any part that can be played by fresh fruit in the science and art of cookery. Also, be it noted, properly prepared fruit from a bottle is unrecognisable as any relation to the watery mash that is commonly called stewed fruit.

Cooking Bottled Fruit.—The general rule is to proceed in the same way as if fresh fruit were being used. But be careful to remember that the fruit in your bottles has been partially cooked during the process of sterilisation. Further, you must not forget to read the labels on your bottles, which tell you, or should tell you, whether contents have been preserved in water or syrup. Again, you should taste your bottled fruit before putting it to any use. You may find that it is not suitable for the use you have in mind, and that you would do better, therefore, to

make a slight alteration in your proposed menu—for instance, you may have arranged for a plum tart and find, on opening a bottle, that the fruit you thought of using for this purpose is already sufficiently cooked that further heating would reduce it to a pulp, is so sweet and good in flavour as to need no embellishment. Or, the bottle of apples you open to-day may need a lot of sugar to make them palatable, but if you were to put the same amount of sugar into the apples you unbundle to-morrow they might prove sickly sweet.

Lack of attention to these little details often accounts for bottled fruit coming to table in the unappetising form of squash or bullets, and tasting of nothing or nothing but sugar.

RECIPES.

The following recipes do not aim at telling you how to make all the good things in which a bottle of fruit may play a leading part; they aspire, rather, to giving you a little practical information which will set your imagination at work and help you devise your own cookery book of dainty dishes:

STEWED FRUIT.—Pour liquid from bottle into a saucepan, using a wooden spoon to hold back the fruit. If fruit has been bottled in water add sugar to juice and bring to the boil. The quantity of sugar depends on individual taste and the nature of the fruit. If fruit has been preserved in syrup, the liquid as poured from bottle is ready for boiling.

Put fruit into sweetened and boiling juice, transferring gently so as not to break and mash. Cook until soft enough for use—meanwhile do not stir, but occasionally give pan a shake. Time for cooking depends

on nature and variety of fruit and method by which it was preserved; for instance, gooseberries bottled in water by the oven method have already been cooked to breaking point, so it is sufficient to transfer them to the boiling syrup, heat again to bring up to the boil temperature that has been lowered by addition of cold fruit, and stand aside for gooseberries to absorb sweetness during the cooling process.

Do not serve the fruit in a "bath" of liquid. Send the fruit to table with enough syrup only to make juice and fruit look as if they belonged to one another. Superfluous juice should be reserved for colouring and flavouring jellies, creams and sweet sauces.

BLANCMANGES AND CREAMS, WITH FRUIT SYRUP INSTEAD OF MILK.—Fruit syrup, used instead of milk, in conjunction with cornflour or ground rice makes delicious and picturesque blancmanges and creams. The general method is precisely the same as when milk is used—mix cereal with cold syrup to a smooth paste, boil remainder of syrup and pour on to paste, return mixture to saucepan and boil till it thickens, stirring continuously. Pour into a mould previously damped with cold water, leave till cold and turn out on to a dish. Proportions of syrup and cornflour, or syrup and ground rice, are same as when milk is used; *i.e.* 2 oz. cornflour or $1\frac{1}{2}$ oz. ground rice to 1 pint syrup.

Or, at stage when mixture begins to thicken, pour into a basin and whip with an egg-whisk, then transfer to mould and leave to cool. By means of this intermediary treatment, the blancmange will assume a creamy consistency.

FLAN, OR OPEN FRENCH TART.—Line an open tart-tin with pastry

(see PASTES AND PASTRY). Bake in oven without any infilling. Meanwhile heat syrup and fruit in accordance with instructions previously given in this set of recipes for *Stewed Fruit*; when fruit is sufficiently cooked, strain off syrup and thicken with a little cornflour. To thicken the syrup, mix a little cornflour to a smooth paste with a little cold water, pour on to it the boiling syrup, return to fire and stir till mixture thickens; the principle is the same as for making a "Cornflour Blancmange" with syrup as previously explained in this set of recipes, but less cornflour is used, about a level tablespoonful to a pint of syrup. Arrange fruit on baked flan, pour over the thickened syrup, and serve.

TARTS AND BOILED PUDDINGS.—Proceed in same way as if fresh fruit were being used; but bear in mind previous hints for utilising surplus syrup.

TO CONVERT FRUIT PULP INTO JAM.—As pulped fruit will keep the year round, there is nothing to be gained in the home by converting more of it into jam at one time than is needed for the family's immediate consumption—on the contrary, there is an economical advantage in making the conversion on a retail scale, for when reboiling the pulp with sugar to make the jam, less sugar can be added than is requisite for making jam for storage. For this reason home-made jam from pulp may easily be superior in flavour to that made with fresh fruit; the higher proportion of sugar which you have to add to the fresh fruit to ensure keeping properties sometimes tends to make sweetness predominate over the flavour of the fruit. As a guide to proportion of sugar to use with pulp in jam-making, add about $\frac{1}{2}$ lb.

PRESERVING FRUIT—*Continued*
sugar to 1 pint of pulp, a little more or less according to individual taste and natural acidity or sweetness of the pulp. If pulp is too thick, reduce consistency by addition of water previous to boiling up with sugar.

TO MAKE GOOSEBERRY AND OTHER FOOLS WITH PULP.—Fools are more easily and quickly made with pulp than with fresh fruit, as the former has already been cooked and passed through a sieve. Boiled custard is an economical substitute for fresh cream in the concoction of fools. All you have to do is to make a boiled custard (see CREAMS) with milk and eggs, sweetened but not flavoured, and mix this with gooseberry, raspberry, rhubarb or other pulp taken straight from bottle. If you want to be very economical, make the custard with custard powder or cornflour.

TO MAKE FRUIT MOULDS WITH PULP.— Follow instructions previously given in this set of recipes for making blancmanges and creams with fruit syrup, but less cornflour or ground rice will be needed to set the mould, and sugar must be added to taste.

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Canning Fruit.—EQUIPMENT:

- (a) SMALL CANNING PLANT.
- (b) SUPPLY OF CANS.

Home canning has been successfully practised for some time on the farms and homesteads of America; but until war conditions handed down to us in this country our great-grandmothers' interest in still-room arts, we had not even begun to enquire over here into the possibilities of home canning.

Although various kinds of small

canning plants are used in America, we are still, for the most part, unfamiliar with any but that known as the "Royal Home Canner," a compact and efficient apparatus, for the introduction to which we are indebted to the Food Production Department of the Board of Agriculture.

The apparatus consists of the following parts:

- (1) A covered boiler made of galvanised iron, with a device for the rapid generation of steam.
- (2) Trays for the cans.
- (3) A japped iron carrier lined with asbestos, and provided with a chimney.
- (4) A removable grate for coke, coal or wood fuel. Instead of these fuels, gas or an oil stove may be used for generating the steam.

Capacity.—This particular make of canner takes 56 2-lb. cans or 36 3-lb cans.

Time for Sterilising.—As indicative of one of the advantages of canning over bottling, it should be noted that the necessary time for sterilising fruit by the former method is from 12 to 30 minutes, whereas, as you already know, bottled fruit must be sterilised for at least one hour and a half.

Cans.—Before ordering a canner from any agent, make sure that he can obtain for you the necessary supply of tin cans.

Canning versus Bottling.—As regards results in way of colour and flavour, the two methods are about on a par. For economy of time, canning easily takes the first place. Tins are more easily stacked than bottles, and immune from breakage. Choice should be governed by the quantity of fruit to be preserved—

the following results obtained with a Royal Home Canner indicate the conditions, individual or co-operative, under which such an apparatus might be found more practical than a bottling outfit, not only as regards saving of time but for simplification of storage problem :

- (a) Five women working with two canners preserved 100 3-lb. cans of damsons per hour, and at the end of three days had done 2000 cans by working 6 or 7 hours per day.
- (b) In preserving apples, which require considerable preparation, 27 girls using three canners filled approximately 40,000 cans in nine weeks.

METHOD OF CANNING.

CHOICE OF FRUIT AND PREPARATIONS FOR PROCESSING.—Same as for *Bottling*, see pp. 223-224. As time for processing varies with size of fruit, all fruit should be carefully graded—small, medium, large—and the different sizes packed into different tins.

Before lighting fire under apparatus for processing the cans, put sufficient water in the boiler to cover the bottom to a depth of about three inches; replenish as necessary to maintain this depth throughout time apparatus is in use. The action of heat on the water generates steam, which is the sterilisation agent, for putting out of action the germs of decay present in the products you are going to preserve. Raise temperature of canner to boiling-point, 212° F., before filling it with bottles.

METHOD OF PROCESSING.—You have now :

- (a) Packed your cans with fruit.
- (b) Set your boiler to the work of getting up steam to requisite temperature for processing.

You have still to :

(c) Fill up cans with water or syrup.

(d) Exhaust air from cans and seal them.

(e) Put exhausted and sealed cans on trays of apparatus for cooking, technically known as processing, whereby contents are sterilised.

(f) Cool the cans.

Exhausting and Sealing.—There are two methods of exhausting air from cans, depending on temperature of liquid used to fill up the packed tins :

(1) If you can get plenty of boiling water use it in preference to cold for filling up cans, for by this means you simplify the work of exhausting air and sealing. Fill packed cans to within about *quarter of an inch* of the top with boiling water, and solder on the lids. —(A very little practice will make you expert in the use of a soldering iron, but if you have never wielded this simple tool, get a tinsmith to give you a lesson in manipulating it.) Meanwhile the small amount of air left in the top of the can will automatically expand, and will be driven out by the steam of the boiling water through the small vent hole in the middle of the lid. Complete the sealing by soldering, "tipping," this little hole.

(2) If you can only get cold or warm water, fill packed cans to within *half an inch* of the top, and solder on the lids. But under these conditions the air left in top of can will not be heated to any appreciable degree of ex-

PRESERVING FRUIT—Continued

pansion, nor will there be any steam in the can to drive it out. So you will have to take steps to exhaust that superfluous air; you can achieve this purpose by placing the cans in the canner for about 5 to 15 minutes, according to the temperature of the water used for filling. Now take out the cans and close the vent holes by "tipping."

Testing Cans.—After cans have been "dipped," test security of seal by immersing them in hot water. A bubble will reveal any leak, and defective spot should be closed by soldering.

If lack of facilities for obtaining boiling water obliges you to follow this second and more roundabout method of exhaustion, use warm water, if you can get it, and as hot as you can get, in preference to cold, for hot water keeps the flavour in the fruit, whereas cold water which is to come under the influence of a high temperature will tend to extract the flavour into the juice.

COOKING, i.e. PROCESSING.—The cans, exhausted of air and sealed, must now be put in the canner for processing. For requisite time of processing, see following time-table. The time of processing is only to be reckoned from the moment when temperature reaches boiling point, 212° F., after exhausted and completely sealed cans are put in the canner.

**TIME-TABLE FOR CANNING FRUIT
IN 2-LB. OR 3-LB. CANS:—**

Kind of Fruit.	Temperature at which Processing is to be Conducted.	Time for Processing.
Apples.	212° F.	10 to 20 mins.
Blackberries.	„	12 to 20 „

Kind of Fruit.	Temperature at which Processing is to be Conducted.	Time for Processing.
Cherries.	212° F.	20 mins.
Currants.	„	12 to 20 mins.
Damsons.	„	20 to 30 „
Gooseberries.	„	12 to 20 „
Pears.	„	30 „
Plums.	„	12 to 20 „
Raspberries.	„	12 to 20 „
Strawberries.	„	12 to 20 „
Tomatoes.	„	20 to 30 „

COOLING THE CANS.—Immediately upon taking the cans out of the canner after processing they should be immersed in or sprinkled with cold water, to prevent contents from continuing to cook.

WAYS OF USING CANNED FRUIT.

See *Ways of Using Bottled Fruit*, pp. 232-234.

NOTE—You need not be afraid of eating tinned fruit if you take a few very simple precautions:

Even when cans are specially lacquered on the inside so that contents are prevented from coming in contact with the tinned surfaces, never leave any fruit in an opened can—surplus, after taking what is required for immediate use, should be turned out into a china or earthenware bowl.

Reject contents of any can that is suffering from a bulge other than one obviously caused by a knock. Bulging indicates penetration of air, which exposes contents to risk of decay.

Drying Fruit.—Fruit can be dried by—

- (a) The natural heat of the sun's rays.
- (b) Artificial heat, as furnished by the kitchen oven, a gas stove, an oil stove, or a variety of specially designed drying machines of widely varying capacity, in conjunction with some form of heating apparatus.

Circulating air is as important a

factor as heat in the production of successful drying results, hence good ventilation must be a feature of a good drying medium.

The fundamental principle of this method of preserving is to dry quickly enough to prevent decomposition, but slowly enough to avoid cooking. The objective is to drive out the natural moisture of the fruit by evaporation, hence any process of food drying is technically known as "Evaporating," and all types of apparatus specially designed for the purpose of drying any agricultural product, such as fruit, vegetables or herbs, are called "Evaporating Machines."

The way in which you can use your kitchen oven as a drying medium will be explained presently under Cottage Methods. At the moment we will devote our attention to the more business-like methods that have been rendered practicable in the home by the introduction of household evaporating machines.

EQUIPMENT :

- (a) PORTABLE EVAPORATING MACHINE FITTED WITH DRYING TRAYS.
- (b) EXTRA DRYING TRAYS.
- (c) THERMOMETER.

This method of preserving has already become sufficiently popular in English homes to give you a fairly wide choice of machines. As an indication of available sizes, here are some dimensions of household machines that have won popularity :

Length.	Breadth.	Height.	Taking
12 ins.	12 ins.	24 ins.	6 trays.
20 "	20 "	38 "	12 "

You can get bigger ones and you can get smaller ones, but the above figures will help you to form an idea

of the size which your kitchen stove will accommodate. These very domesticated machines are so accommodating to any heating power at your service, that they are adapted for carrying a gas ring, standing on a gas stove or oil stove, and for holding a movable grate or brasier in which to burn coal, coke, wood or charcoal.

The working capacity of the machines varies not only with their size and the number of trays they hold, but with the nature of the product to be dried.

TRAYS are usually made of galvanised wire enclosed in a wooden frame. It is useful to have them in two depths, one set of a depth designed to carry produce such as plums and whole apples, another set of shallow depth for carrying small or sliced produce, such as cherries and apple rings. As a machine will hold anything up to twice as many shallow trays as those of deeper pattern, its working capacity is increased accordingly; the advantage, therefore, of having a set of shallow trays, in addition to those of an all-round service depth, is obvious. Further, extra trays are very useful as time savers, for whilst one set is doing duty in the machine you can be filling another set in readiness to slip into their places.

A THERMOMETER is essential for placing on trays in the machine, so that nothing shall be left to chance in the way of regulating temperature.

CHOICE OF FRUIT FOR DRYING.

Practically any kind of fruit can be preserved by evaporation, but the English fruits which it is most worth while treating by this method are: apples, pears, cherries, damsons and plums. All fruit for drying should be in good condition and well ripe, but not overripe.

PRESERVING FRUIT—*Continued*

METHOD OF DRYING.

APPLES.—*Suitable Varieties*—The most suitable varieties are the larger cooking ones with firm flesh. Peel, core with an apple corer, cut out any bruised or defective portions, and slice at right angles to hole in centre. You now have fresh apple rings.

Bleaching—To prevent discoloration whilst preparing supplies for the trays, immerse rings in cold salted water, 2 oz. salt to a gallon of water.

If you fancy a very white looking dried apple, the rings must be bleached when taken out of the brine. The common bleaching agent is sulphur. For the bleaching process you can buy, or make for yourself, a fumigator, an air-tight box fitted with ledges on which to rest trays and an iron pan in which to burn sulphur; as a makeshift, on a small scale, you can turn to account as a fumigator any jar of suitable size into which you have previously introduced sulphur fumes (for Method of Sulphuring Jars, see p. 229). Usual time for fumigation, 10 to 15 minutes, but great care must be taken at this stage, or the fruit may become unpleasantly or even dangerously impregnated with sulphur. Slices should be placed on trays if they are to go into a fumigating box, but put loose into jars.

Processing—The rings, fumigated, or merely taken from the brine and drained, should rest on the trays in a single layer, but the rows may overlap. Fill machine with the packed trays, and dry at a temperature of 150° F. at the start, to be reduced gradually to 130° F. Time for drying varies from about 4 to 6 hours,

according to juiciness of variety of apple being dried. Experience and good judgment are necessary for determining when the slices are sufficiently dried—the finished product should be of leathery texture, soft and velvety to the touch, and when you press together a handful of the slices there should be no trace of moisture left on your fingers, and the slices should be springy enough to separate as you loosen your grip. All dried products should be exposed to the air for a few days in bulk form, and frequently turned over before being stored.

Apples may be dried whole after peeling and coring, but, although the process is the same, the time occupied is, naturally, much longer.

PEARS.—The most suitable variety for drying is the William. Peel, cut in halves, drop in cold salted water, and leave in brine for a quarter of an hour. Drain. Sulphur if desired, pack in single layer on trays, and put into machine. Proceed as with apples. Time of drying about 24 hours.

CHERRIES.—Generally dried without being stoned. Fruit should be well on the ripe side. Remove stalks and dry slowly. Temperature should be not more than about 120° F. at outset, but may be increased as fruit begins to shrivel, and thereby minimise risk of skins cracking.

PLUMS AND DAMSONS.—Prick skins to minimise risk of bursting. Pack in single layers on trays, and run into machine. Temperature at start should be about 120° F. for plums and 100° F. for damsons; too high a temperature at the outset will burst the fruit, as an unpleasant result of which the juice will run out and the fruit will stick together and to the trays. As dry-

ing proceeds temperature may gradually be increased to about 180° F. for plums and rather less for damsons. The fruit must not be dried to the point of rattling on the trays; in the finished state it should be quite dry but pliable. Time of drying, one to two days or even longer, according to size of fruit. But the drying need not be continuous; indeed the resulting product is considerably improved by taking the trays out at intervals of 5 or 6 hours and allowing contents to cool. Good quality Victorias of large size and well ripe give excellent results, yielding a sweet and fleshy dried product. Several other varieties, if processed with care and judgment, yield a dried product that is nearly akin in flavour and appearance to first quality French or Californian prunes; but the true prune is a special variety of plum even in the fresh state, and the countries that have won fame for growing it and preparing it for market are blessed with much more sunshine than we get over here even in the best of summers, and sunshine plays a leading part in developing the natural flavour and sweetness of fruit.

As some indication of the possibilities of fruit drying in the home, you may be interested to hear that at the time of writing these notes, we still have in store supplies of apple rings and plums that we dried in a small machine nearly two years ago; the fruit is in a perfect state of preservation, and according to expert opinion is of first-class appearance—the experts have never yet returned our samples, and as they usually ask for more to give their friends and relations a taste, we will leave you to judge of the flavour.

STORAGE.—Store in boxes; jars or tins in a dry place. It is not necessary for receptacles to be absolutely air-tight, but they should exclude light, which has a fading effect on dried products.

COTTAGE METHODS OF DRYING FRUIT.

Prepare in accordance with foregoing instructions for drying in evaporator.

A sieve or wire pastry tray makes a good drying tray for putting in your kitchen oven, or for standing on a gas or oil stove. Or you can have galvanised wire trays made to fit your oven—the ordinary oven shelves are not suitable, as, being solid, they prevent the air getting under the fruit. Serviceable home-made drying trays can be put together for next to nothing, and in next to no time, by tacking together lathes of wood, trellis-work fashion, on to a framework of about the height of a hat-box lid. The best time for drying, unless you are going to devote your stove to the job for the whole day, is after dinner when the oven has cooled down, and the fire is not going to be made up again—the trays can then be put in, you give them a last look before you go to bed, leave them for the night, and go happily to sleep . . . but be up in time to take them out before the freshly-lit fire has burned up sufficiently to scorch them to a cinder. During the day, stand the trays out in the sun, when it is shining, or give them the benefit of a good drying wind, but run for your life to take them in if a shower of rain comes on.

TO COOK DRIED FRUIT.

Success in cooking dried fruit depends largely on a knowledge of the

PRESERVING FRUIT—*Continued*

principles by which the products have been preserved. All fresh fruits contain a large percentage of water. To preserve them in dried form, most of that moisture has to be evaporated, as you know, either by natural action of the sun's rays or by artificial heat; hence the essential preliminary to cooking the dried or "evaporated" products is to restore to them a compensating supply of moisture for that which was extracted during the preserving process. To this end they are put to soak in water, but from failure to understand their nature, the mistakes commonly made in this preliminary treatment are:

- (1) An inadequate supply of water and the use of a receptacle which is too small to allow the dried products full swelling space.
- (2) Too short an allowance of time for the absorption of a fully compensating supply of moisture.
- (3) An extravagant estimate of quantities required for a meal, based on the necessary quantity of the same product in its fresh state.

As a result of such mistakes the idea has arisen that dried fruits are an expensive form of indigestible food, akin to leather. Let us see the how and the why of the treatment by which they can be brought to play the part of economic and nutritious food supplies or of cheap and invaluable medicines, rôles for which they are qualified by nature and to which they have been adapted in a convenient form, accessible at any season.

DRIED APPLES.—A pound of apple rings or slices is the dried equivalent of about 6 lbs. to 7 lbs. of fresh apples after they have been peeled

and cored, or of 9 lbs. to 11 lbs. of apples as picked from a tree. Obviously, a few ounces of dried rings or slices, when properly prepared, will make a good-sized pudding or pie, or provide a family dish of stewed fruit.

Preparation.—Soak slices or rings for from 4 to 6 hours (corresponding to the drying time). Allow water in proportion of 6 pints to one pound of dried fruit. When cooking, use water in which fruit has been soaked.

Apple Pudding or Pie.—Proceed as with fresh fruit.

Stewed Apples.—(a) Simmer for about half an hour, adding sugar, lemon and spice to taste.

Or

(b) Make a syrup with sugar and water in which fruit was soaked, bring to the boil and stand aside to cool; put soaked fruit into syrup and let it *simmer gently* until tender. Do not let the syrup boil after apples have been added, or the fruit will break and look unappetising when served as stewed apples.

Apple Sauce.—Cook as for Stewed Apples, method (a), but when nearly done increase heat, as a little fast boiling will assist in reducing apples to the required form of pulp. Complete pulping by rubbing fruit through a sieve or colander.

Apple Surprises.—Reduce fruit to pulp form as for Apple Sauce. By varying the flavouring and adding rice, tapioca, gelatine, etc., to the pulp, many pleasing surprises can be introduced into the daily menu. For instance, mix with the pulp some cold porridge, cut up a few of the plums you have dried (soak them first), and add a little sugar and spice; bake the mixture in a pie-dish, and you will have a rival substitute for bread pudding.

See also *Recipes for Bottled Fruit*, pp. 232-234.

DRIED PLUMS.—A pound of dried plums represents about 5 lbs. of fresh fruit. Soak for at least 24 hours—longer for big varieties—allowing 2 pints of water to 1 lb. dried plums.

Stewed Plums.—See directions for stewing Dried Apples.

Spiced Plums.—Make a syrup with water in which plums have been soaked, adding to each pint of water $\frac{1}{2}$ lb. sugar, small teacupful of vinegar, a teaspoonful of powdered cinnamon, a few cloves and allspice. Put soaked plums in syrup and simmer till tender. Time varies with variety of plums, roughly about 1 hour.

GENERAL HINTS.—Soak all dried fruits in *cold* water, and put them in *cold* water or *cold* syrup to cook. When soaked, the dried products can be utilised in almost every way that fresh fruit is turned to good account in the art of cooking.

PRESERVING VEGETABLES.

Vegetables are much more difficult to preserve than fruit. By whichever of the possible processes they are to be dealt with, they nearly all require some preliminary cooking, and the processing that follows is, as a rule, a somewhat lengthy business. During the time that you are wrestling with the work, you may have moments of weariness and intervals when you think the game is not worth the candle. But when Christmas comes and you are eating green peas that might have been morning-picked from your garden, when your friends ask you by what magic your allotment is able to produce runner beans with the snow on the ground, or when new carrots "à la Vichy" are proclaimed the

feature of your New Year's eve menu . . . your midsummer tale of woe changes to a proud song of thanksgiving.

The principal methods of preserving vegetables are:

Bottling.

Pulping.

Canning.

Drying.

Salting.

The requisite equipments are precisely the same as those required for PRESERVING FRUIT. Also, choice of method should be governed by similar conditions to those mentioned under PRESERVING FRUIT. Practically any kind of vegetables can be preserved, but in preparing your winter reserves bear in mind that, normally, you have a wide choice of fresh vegetables all the year round. Preserve to prevent waste, preserve to indulge your fancy and to give your friends a treat . . . but do not get the mania of preserving for the sake of preserving.

Bottling.—*Note carefully:*

(1) It is essential to use Vacuum Bottles, of a pattern that has a glass or earthenware-lined lid.

(2) The requisite temperature for sterilisation of all vegetables is boiling point, 212° F. Cold water is put both in bottles and steriliser, and the average time for sterilisation is one hour and a half after temperature has been brought to boiling-point. During that whole hour and a half the temperature of 212° F. must be maintained.

(3) Rubber rings should not be put on bottles until bottles are taken out of steriliser at expiration of pro-

PRESERVING VEGETABLES —

Continued.

cessing ; rubber would be liable to perish if exposed to influence of boiling water during lengthy period of processing. But the rubber rings must not be cold when the moment comes for putting them in position on the hot bottles ; they should previously have been dipped in hot water.

(4) The general rule of packing bottles tight, as in preserving fruit, should be observed, except in the case of *peas and dwarf or runner beans* ; peas and beans are boiled for a few minutes before being packed in the bottles for processing, and as they are likely to swell a bit more when boiled in the bottles, you should pack them with a light hand.

(5) Vegetables for bottling should be young and fresh picked.

In selecting the following list of vegetables suitable for bottling, we have omitted those kinds which can be stored in a simpler way and in bulk, such as Jerusalem artichokes that will stand the winter in the ground where they have grown, leeks and celery that can be obtained fresh during the winter months, and haricot beans that are more convenient in the dried state (see GARDENING) :—

Asparagus.	New Carrots.
Broad Beans.	Vegetable Marrow.
French „	Peas.
Runner „	New Potatoes.

Tomatoes. These can be considered either as a fruit or vegetable in relation to preserving methods, and have already been dealt with under PRESERVING FRUIT.

ASPARAGUS. — *Choice.*—Preference should be given to white giant varieties.

Preparation.—Cut sticks to length

that will fit comfortably into bottles, wash them in cold water and prepare as for boiling, pack tightly. For appearance sake, pack with heads downwards ; this method also has the advantage of minimising risk of breakage when contents are taken out for table use. Fill up bottles with cold water and add a little salt and white sugar—sugar retards discoloration of white vegetables (about a teaspoonful of salt and one lump of sugar to a 2-lb. bottle). Put lid on bottle and adjust screw band (slackly) or spring clip ; *do not put on rubber ring.* Put sufficient cold water in steriliser to cover bottles.

Processing.—Bring gently to the boil and keep boiling for an hour and a half.

Take bottles out one at a time, open, if necessary fill up again to overflowing, this time using boiling water, put on rubber ring, previously damped in hot water, replace lid and screw up tightly. All these little finishing touches should be done as rapidly as possible, the bottles meanwhile should not be exposed to a draught, nor must you create a draught by flurried movements. Each bottle should be completely finished off and stood aside for cooling before the next is removed from steriliser.

The necessary precautions must be taken in due course for seeing that bottles are securely sealed (see PRESERVING FRUIT).

BROAD BEANS—Choice.—Longpod and Windsor varieties are equally suitable, but the beans should be picked when they are unquestionably in the young stage. . . . In this country we have yet to discover several new vegetables through the medium of gathering well-known

varieties when they are distinctly young and tender instead of decidedly old and tough. We have been in the habit of arguing that it is extravagant to pick broad beans and peas before they have filled the pod to bursting point, or Brussels sprouts before they are the size of cabbages. Our friends on the Continent, on the other hand, maintain that it is extravagant to let such vegetables grow to a size which makes them so unpalatable that more are sent away from the table than are eaten, and those that are eaten play havoc with the digestion. Which do you think is the more logical argument? . . .

Preparation.—Shell beans, and put in a saucepan of cold water with a little salt; bring to boil, and keep boiling for a couple of minutes. Take them off and cool under a running tap or with several changes of cold water. Pack cooled beans into bottles, fill with cold water, and proceed as with *Asparagus*, but omit sugar.

Processing.—Same as for *Asparagus*.

The necessary precautions must be taken, in due course, for seeing that bottles are securely sealed.

FRENCH AND RUNNER BEANS.

NOTE—The quickest way of preserving French and Runner Beans in large quantities is by salting them down in earthenware jars, see p. 248; but salted beans must be soaked when being prepared for table use. Bottled beans, on the other hand, offer you the advantage of turning them straight from the bottle into the saucepan.

Choice.—Any variety.

Preparation.—String and slice as if for immediate use. Put them in a saucepan of cold water with a little salt and a pinch of bicarbonate of soda bring to boil and keep boiling

for 5 minutes. Take them off fire and cool them under a running tap or in several changes of cold water. Pack bottles slackly with cooled beans, fill up with cold water, and add to each bottle a little salt and a pinch of bicarbonate of soda. Put lid on bottle, etc.—i.e. proceed as with *Asparagus*.

Processing.—Same as for *Asparagus*.

The necessary precautions must be taken, in due course, for seeing that bottles are securely sealed.

NEW CARROTS.—*Choice.*—Small young carrots of even size.

Preparation.—Clean, put into a saucepan and boil for a few minutes until you can skin them easily. Having removed skin—a somewhat lengthy job if you are doing a large quantity—pack them tightly into bottles, add a little salt, fill up with cold water, and proceed as with *Asparagus*.

Processing.—Same method as for *Asparagus*, but the boiling must be continued for an hour and three-quarters.

VEGETABLE MARROW.

NOTE—Fully-grown vegetable marrows will keep for several months if merely hung in a cool, dry place. The Bottling method of preserving, therefore, should only be resorted to for preserving young and tender marrows.

Choice.—Any shape or variety.

Preparation.—Peel marrow, divide, and take out seeds and pith. Cut into strips of any shape convenient for fitting into bottles, taking care that the pieces are sufficiently large not to be reduced to a pulp when cooked for table use, after having been subjected to preliminary cooking in steriliser. Pack tightly into bottles; fill up with cold water, add a

PRESERVING VEGETABLES—

Continued.

little salt and white sugar. Put on lid, etc., and proceed as with *Asparagus*.

Processing.—Same as for *Asparagus*.

The necessary precautions must be taken, in due course, for seeing that bottles are securely sealed.

PEAS—*Choice.*—Garden varieties only, not the common field peas.

Preparation.—Shell, put into a saucepan of cold water with a little salt and sugar, and a pinch of bicarbonate of soda—sprig of mint optional. Bring to boil, and boil for about a minute. Take them off and cool under a running tap, or in several changes of cold water. Pack bottles slackly with cooled peas, fill up with cold water to which add a little salt and sugar. Put on lid, etc., and proceed as with *Asparagus*.

Processing.—Same as for *Asparagus*.

The necessary precautions must be taken, in due course, for seeing that bottles are securely sealed.

NEW POTATOES. — *Choice.* — Any variety, small and of even size.

Preparation.—Scrape potatoes, pack into bottles, fill up with cold water, to which add a little salt and white sugar. Put on lid, etc., and proceed as with *Asparagus*.

Processing.—Same as for *Asparagus*.

The necessary precautions must be taken, in due course, for seeing that bottles are securely sealed.

ALTERNATIVE METHODS OF STERILISING FRUIT AND VEGETABLES IN VACUUM BOTTLES.

There are several tested and approved methods of sterilising fruit and vegetables in vacuum

bottles. The processes described herein are those which were taught by the Food Production Department during the war. We can recommend them both from our own personal experience and on the testimony of numerous pupils. Not only do fruit and vegetables keep well for a lengthy period when preserved by these processes, but fruit in particular is considerably improved in flavour by being kept in vacuum bottles for several months.

Pulping Vegetables.—The following are specially suitable for pulping, and are particularly useful in that form as time savers in an emergency:

Sorrel. : Spinach.

TOMATOES, which can be considered either as a fruit or a vegetable in relation to preserving methods, have already been dealt with under *Pulping Fruit*, see p. 227.

TO PULP SORREL OR SPINACH.—*Preparation.*—Clean the leaves thoroughly.

Melt some fat in a large pan, put in cleaned leaves and add a little salt—*no water*. Stew till tender, when pass leaves through a sieve or colander. When this prepared pulp is quite cold, pack it tightly into vacuum bottles—again, *no water*. Put lid on bottles, but *not rubber ring*. Adjust screw band slackly, or fix spring clip. Put enough cold water in steriliser to reach to shoulder of bottles.

Processing.—Same as for bottling *Asparagus*, see p. 242, but when taking bottles out to put on rubber ring, at close of sterilisation period, *do not pour in boiling water*.

The necessary precautions must be taken in due course to see that bottles are securely sealed.

WAYS OF USING BOTTLED VEGETABLES.

The general rule is to proceed in same way as if fresh vegetables were being used. But we must be careful to remember that we partially cooked some of our vegetables, such as peas and runner beans before putting them in the bottles for sterilisation, also that they underwent a considerable amount of preliminary cooking whilst being boiled in the bottles at time of processing. As a result, bottled vegetables require gentle handling and treatment when being prepared for table use; often, as in the case of young peas, the bottled product only needs to be well heated up in a little melted fat.

SPINACH PURÉE.—Season with salt and pepper to taste, and heat up with a little milk and fat. Serve as a vegetable with croûtons of fried bread, or as a bed for poached eggs. Or stir a small quantity of the purée into any stock to make spinach soup (about one tablespoonful of the purée to a pint of stock).

SORREL PURÉE.—Use like spinach purée, in conjunction with stock to make soup.

Canning Vegetables. — For *Equipment and General Hints*, see *Canning Fruits*, pp. 234-236. Indeed, before you attempt to can vegetables you should familiarise yourself

with the whole principle of *Canning Fruit*, which is the same as that for canning vegetables, although products of the latter class need more careful attention and take a longer time to sterilise.

(1) *Choice.*—Certainly eat what you can—but, more emphatically, *do not can what you can't.* Can only young and tender vegetables freshly picked.

(2) *Preparation.*—After cleaning, as in preparation for ordinary cooking, nearly all vegetables require scalding or blanching prior to being packed in cans. Such preliminary treatment softens them, and assists sterilisation; further, by the addition of a little bicarbonate of soda to the water, the tendency of green vegetables to lose their colour during sterilisation is checked. Such scalding or blanching can be effected either by putting vegetables loose into a saucepan of boiling water, or by giving them a dipping through the medium of a wire basket or a bag made of butter muslin. The water must be again brought to the boil, after having been cooled by immersion of the vegetables, and the boiling continued for a few minutes (see *Time-Table*, p. 246). A still better method is to scald or blanch vegetables in a steamer. Directly after their boiling bath, vegetables should be plunged into cold water; this “cold dip” prevents canned vegetables from becoming too soft, and is also a colour preservative.

- | | |
|--|---|
| (3) <i>Pack cans with prepared vegetables.</i> | } see <i>Fruit Canning</i> , pp. 234-236. |
| (4) <i>Fill up with water.</i> | |
| (5) <i>Exhaust air from cans, and seal.</i> | |

PRESERVING VEGETABLES —

Continued.

6. Process.—

TIME-TABLE FOR CANNING VEGETABLES IN 2-LB. OR 3-LB. CANS.

Kind of Vegetable.	Time for Blanching.	Temperature at which Processing is to be conducted.	Time for Processing.
	Minutes.		Hours.
Asparagus.	15 to 20	212° F.	1½
Beans, broad.	10 to 15	„	2
Beans, runner.	5	„	1½
Carrots.	5 (then scrape)	„	1¾
Peas.	2 to 5	„	2
Spinach.	20	„	1½

Time for processing to be reckoned, as in case of fruit, only from moment when temperature reaches boiling point (212° F.) after a charge has been put into the canner.

(7) Cool the cans (see p. 236).

(8) *Re-Process.*—For security's sake, canned vegetables should undergo a second period of sterilisation after two or three days. Put cans back in canner, without unsealing them, and re-heat for the time given in time-table for first processing.

(9) Re-cool the cans.

Drying Vegetables.—Vegetables, like fruit, can be dried by :

(a) NATURAL HEAT.

(b) ARTIFICIAL HEAT.

For details of *Equipment* and general notes on *Drying*, see pp. 236-237.

METHODS OF DRYING IN HOUSEHOLD EVAPORATING MACHINES.

Practically all vegetables can be preserved by the drying method, but having regard to the varieties of fresh vegetables obtainable in this country at various seasons, the following selection indicates the varieties that are best worth treatment :

Beans, French.	Peas.
Beans, Runner.	Onions.
Carrots.	Potatoes.

BEANS, FRENCH AND RUNNER.—String and cut as for table use (for large quantities use a bean cutting machine). Boil for 5 minutes, adding a pinch of bicarbonate of soda as colour preservative, after which give a cold dip. Dry at a temperature of 150° F. to 160° F.

CARROTS.—Clean, scrape and cut into rounds of about ⅛ inch thick. Boil for 5 to 7 minutes, according to age of vegetable, then give a cold dip. Dry at a temperature of 150° F. to 160° F.

PEAS.—Shell, boil for a couple of minutes with a pinch of bicarbonate of soda in water, cold dip, and dry at a temperature of 150° to 160° F.

ONIONS.—Peel and cut into slices of about ¼ inch thick. No preliminary cooking. Dry at a temperature of 150° to 160° F.

POTATOES.—Wash, peel and cut into thin slices or strips. Boil for a few minutes in salted water ; cold dip. Dry at a temperature of 150° to 155° F.

The time any of the above take to dry varies roughly from 1 to 4 hours ; but, as you will readily understand, the actual time depends on quality, age and variety of fresh product.

All dried vegetables, like dried fruits, should be exposed to the air in bulk for a few days before being stored.

COTTAGE METHODS OF DRYING VEGETABLES.

See *Cottage Methods of Drying Fruit*, p. 239.

Vegetables should be prepared as for drying in an Evaporator—peeled, sliced or cut, and cooked for a few minutes.

TO COOK DRIED VEGETABLES.

GENERAL INSTRUCTIONS. — (1)

Soak in cold water; most kinds, for at least 24 hours, potatoes 8 hours, using a spacious receptacle. Dried vegetables cannot resume their normal size and qualities without ample swelling space and water supply.

(2) Put soaked vegetables in cold water to cook, bring to boil, and simmer gently until tender. Naturally, time for cooking varies according to nature of dried product.

(3) Dried vegetables when required for soups need no preliminary soaking; they should be put straight into the stock in sufficiently good time to allow them to become tender.

See also notes for *Cooking Dried Fruits*, pp. 239-240.

RECIPES.

DEVILLED PEAS.—Soak and boil peas. Here is the way to make the Devil mixture: With a pinch of flour make about $\frac{3}{4}$ teacupful of thin white sauce; add a chopped onion, little cayenne and salt, and simmer for 5 minutes. Finally add a table-spoonful of Worcester sauce. Strain the boiled beans or peas, pour "the Devil" over them, and serve piping hot. A pinch of Paprika can be used instead of cayenne, and Tabasco instead of Worcester sauce. You can make Tabasco thus: Put a pinch of Paprika into an empty sauce bottle, fill up with white vinegar, cork and leave standing for a week, strain ready for use.

CURRIED PEAS.—Soak and boil peas. Make a curry sauce:

Mix equal quantities of flour and curry powder with cold water into a smooth paste, and stir in some of the boiling water in which peas have

been cooking; boil up with chopped onion, thin slices of apple and some scraped carrot; add lemon juice. Put cooked peas, previously strained, into this sauce, heat thoroughly and serve in a ring of rice or mashed potatoes. To make sauce for $\frac{1}{2}$ lb. peas, use about one dessertspoonful of flour and curry powder (quantity of latter depends on its strength) and $\frac{1}{2}$ pint of pea stock, *i.e.* water in which peas were boiled.

PEAS MAITRE D'HOTEL.—Soak and boil peas; then stew them up in milk with a few bay leaves, a little parsley and other herbs, salt, pepper and an onion. You can include or omit, as you like, cold meat or cold fish left over from a previous meal; meat should be cut into dice, or cold fish boned and broken up.

PEAS MILANAISE.—Soak and boil peas. Melt a little piece of butter in a stew-pan, add some chopped parsley, salt, pepper and grated cheese, and toss peas in mixture until thoroughly hot.

FRIED POTATOES.—Soak 8 hours, using 8 pints of cold water to 1 lb. dried potatoes. Boil for about 5 minutes in water in which potatoes have been soaked. Drain and fry just as if you were dealing with the fresh product.

MASHED POTATOES.—Soak as for *Fried Potatoes*, parboil (partially boil) in the same water, and finish cooking by steaming; mash in usual way.

MIXED VEGETABLES.—*For Soups.*—No preliminary soaking is required. Put vegetables direct into cold stock to cook slowly, allowing sufficient time for them to become tender.

For Macédoines.—To serve with roast meat. Soak, and cook by

PRESERVING VEGETABLES —*Continued.*

usual method of boiling dried vegetables; drain and re-heat in a little fat.

For Salads.—Prepare as for Macédoines, leave to get cold, and serve with dressing to taste.

Salted Vegetables.—Although several kinds of vegetables can be preserved in salt, the best results are obtained with French beans and Scarlet runners. Beans preserved by this very simple method come to table as good as fresh, if they are well treated when taken from the brine.

Use a stoneware or glazed earthenware pan, or large glass bottles. Choose young beans freshly gathered, wipe them with a dry cloth, string them—they should be sufficiently young to make stringing easy without the aid of a knife—and snap them in pieces crossways. Do not use beans that are so big as to need slicing. Fill your pot with alternate layers of salt and beans—say, inch thick layers of beans alternating with a handful of common salt sprinkled over them; but start the packing by putting a layer of salt about $\frac{1}{2}$ inch thick at bottom of jar. Do not overdo salt between layers of beans. Cover top layer with a clean piece of white calico cut to fit in jar, above which place a piece of board and a heavy weight. After a few days beans will have sunk, and you should fill up again with more beans and salt, readjusting cloth, board and weight; continue refilling at intervals until there is no more sinking. A large quantity of beans can thus be stored in a small space. Every week or so lift cloth, remove scum, and replace cloth, board and weight. Store jars in a

cool place. The beans will keep good till beans come again.

TO COOK SALTED BEANS.—Soak in cold water for 3 or 4 hours—not longer, or you will spoil the flavour. Put into saucepan containing fresh cold water, but do not add any salt. After coming to the boil, the beans require cooking for a little longer time than the fresh product; the water should be changed two or three times during the cooking process, the pan, of course, being replenished with *boiling* water. Drain and serve hot; or, these beans make a delicious salad, if served cold, with a mayonnaise or other dressing.

An alternative method of cooking, which preserves the flavour as well, if not better, is merely to wash the beans when they are taken from the brine, boil in accordance with previous directions, and *afterwards* put the boiled beans to soak in cold water for 3 or 4 hours; then, if they are to be served hot, they are stewed for a little time in butter or other fat.

Care of Preserved Fruits and Vegetables.

Having taken practical steps to preserve fruit and vegetables, you should be equally practical in safeguarding your stores against waste arising from lack of supervision or indifferent cooking. We have already glimpsed the infinite variety of possibilities offered by these winter reserves for the preparation of wholesome and appetising dishes. Now let us consider ways and means of insuring stores against waste by deterioration. All fruits and vegetables, no matter by what method they have been preserved, should be periodically inspected. Once a week, or at least once a

fortnight, you should go through all or some portion of your preserves, examining bottles for any sign of mildew, tins for any suggestion of a bulge, dried products for any trace of damp. Accidents will occasionally happen from unforeseen and unavoidable circumstances, however carefully and faithfully you follow rules that have been tested and retested by practical experience. You can often utilise at once, without running any risks, reserves that would perish if left much longer in store.

PUDDINGS.

“Pudding” is the English national name for the sweet course of a meal. It applies equally to a substantial suet roll and a frothy soufflé, to an apple dumpling and stewed fruit with boiled custard. It may mean a sweet course served cold or a sweet course served hot.

For Hot Puddings.—See :

Boiled and Steamed Puddings.	Pancakes.
Caramel.	Preserving Fruit
Charlottes.	(sub-headings for
Cornflour.	cooking Bottled,
Fruit Tarts.	Canned, and
Ground Rice.	Dried Fruits).
Macaroni.	Rice.
Maize Meal.	Sago.
Milk Pudding.	Soufflés.
Omelets.	Tapioca.
	Vermicelli.

For Cold Puddings.—See :

Baba au Rhum.	Preserving Fruit
Blancmanges.	(sub-headings for
Caramel.	cooking Bottled,
Cream (sub-heading	Canned, and
“ Syllabub ”).	Dried Fruits).
Creams.	Rice.
Fools.	Sago.
Fruit Tarts.	Tapioca.
Jellies.	Tipsy Cake.
Milk Pudding.	Trifle.

PULPING, FRUIT,

see PRESERVING FRUIT.

PULPING, VEGETABLES,

see PRESERVING VEGETABLES.

R

RABBITS.

Both tame and wild rabbits have a place among foodstuffs. Several people, however, have an objection to eating the tame breeds. There is usually more sentiment than logic in this prejudice; although rabbits kept in confinement are certainly more prone to disease than those which scamper at large.

Stewed Rabbit (BROWN). — When ordering rabbit, ask for it to be cut up.

Melt a piece of butter in casserole, and in it lightly fry the pieces of rabbit, together with some pickled pork cut in strips. Remove rabbit and pork from casserole. Now stir in with the butter in the casserole a little flour—about 2 tablespoonfuls—and when the two have amalgamated and become dark brown in colour add half bottle of white wine. Let this mixture come to the boil, then put back into casserole the pieces of rabbit and strips of pork, add salt, pepper, spice, a bay leaf or two, sprigs of parsley and thyme, and a dozen little onions. Cook slowly. About 20 minutes before dishing-up, add $\frac{1}{4}$ lb. mushrooms or a few small potatoes. *Time*: $1\frac{1}{2}$ hours.

Stewed Rabbit (WHITE). — Rabbit should be cut up. Blanch by soaking pieces in strong salted water. Put pieces of rabbit into a saucepan with a chopped onion or two, about 1 pint of milk or milk and water, some dice of pickled pork, salt and pepper. Cover pan and bring to boil, then stand aside to simmer gently. *Time*: $1\frac{1}{2}$ hours. The broth may be thickened by

addition of cornflour—mix about a teaspoonful of cornflour with cold milk to a smooth paste, and stir into broth about 10 minutes before serving.

RAISINS, TO CLEAN.

Cooking varieties should be rubbed in a dry cloth before being used. They can be bought ready stoned; stoning is done by machinery, so do not waste precious time at home performing a sticky job with your hands, and imagine you are much more particular about cleanliness in cooking than your neighbour who uses ready-stoned raisins.

RASPBERRIES.

To Bottle, to Can, to Pulp,
see PRESERVING FRUIT.

READY-MADE MEALS.

It not infrequently happens in the home that a hot meal is desirable on the cook's day out. With a view to helping you cope with such a situation, here are some suggestions for meals which can be entirely prepared in advance; at time of serving, the most which need be done is to warm up courses that are to go hot to table, and heat the necessary plates and dishes.

There are many other circumstances in which these suggestions may come in useful, either as they stand, or in the rôle of guide—cooks may come and cooks may go, and when you are more or less servantless, it is sometimes convenient to do a little extra cooking one day in

order to have a comparatively free day on the morrow.

MENU I.—DINNER.

POTAGE ITALIENNE.

COQUILLES OF COD, CRÈME AU GRATIN.

VEGETABLE PIE.

CABINET PUDDING AND CHOCOLATE SAUCE.

All to be served hot.

To Make the Soup.—Allow $\frac{1}{2}$ pint of water and 1 oz. macaroni for each person. Cook in water sufficient vegetables to make your Vegetable Pie for Course III., such as haricot beans, dried green peas, artichokes, celery, cauliflower, potatoes, etc. If haricots and dried green peas are used, put these (after they have been well soaked) into cold water, bring to boil and cook for about 1 hour before adding any other vegetables. Then put in other vegetables in rotation according to time they take to cook, *i.e.* leeks about 20 minutes sooner than cauliflower.

When all vegetables are tender, strain off the vegetable broth.

Mash a few of the potatoes and mix with broth, season to taste, add macaroni and boil it in the broth for 30 minutes.

To Make Coquilles.—Use boiled cod left over from a previous meal. Bone and flake the fish, mix it with some Béchamel Sauce. See SAUCES.

Border shells with mashed potato, fill in centre with prepared cod, sprinkle with grated cheese and dot with butter. Bake until potatoes are very lightly coloured; for as coquilles are to be re-heated, they must not be browned during the first cooking, or they might get too dry when warmed up.

To Make the Vegetable Pie.—

Use vegetables boiled for soup. Cut up artichokes, etc., into shapely pieces. Thicken and brown a little of the soup, mix vegetables and brown gravy in a pie-dish, season to taste, and bake in a moderate oven for 15 to 20 minutes.

To Make the Cabinet Pudding and Chocolate Sauce.—

Ingredients—A few thin slices of bread, 1 pint milk, 2 eggs, 1 to 2 table-spoonfuls of sugar, some preserved fruits such as cherries and angelica, a little flavouring such as vanilla essence.

With eggs, sugar, milk and flavouring, prepare a boiled custard mixture, see p. 54. Line sides of a buttered basin with bread, and bottom of basin with preserved fruits. Pour in the custard mixture, cover with a greased paper and steam for about an hour. Stale cake or biscuits can be used instead of bread.

Chocolate Sauce. See SAUCES.

To Re-heat Dinner.—Re-heat Potage Italienne in a saucepan.

Dot Coquilles of Cod with butter and put in oven.

Stand Vegetable Pie in a larger sized pie-dish containing boiling water. Use a fireproof dish as receptacle, and heat on top of stove.

Warm up Cabinet Pudding in a steamer, and Chocolate Sauce in a saucepan.

The re-heating of such a dinner as suggested can all be done with a minimum of trouble, and in a very short time, by the aid of a gas stove or small oil range.

MENU II.—SUPPER.

RISOTTO AU BEURRE.

COLD SALMON OR COD WITH MAYONNAISE.

APPLE BROWN BETTY.

READY - MADE MEALS —

Continued.

To Make Risotto au Beurre.

—Boil rice, strain. Add chopped cooked onion, salt, pepper, nutmeg and a little bit of butter. Simmer together for a few minutes, stirring frequently.

To Prepare Fish.—Boil a cutlet of Salmon or Cod.

To Make Apple Brown Betty.

—Stew apples, rub them through a sieve into purée form, and sweeten to taste—or use some of your home-made, home-bottled apple purée (see PRESERVING FRUIT). Bake some slices of bread in the oven and roll them into crumbs. Melt some butter and stir it in with the crumbs of baked bread. Fill a well-buttered pie-dish with alternate layers of buttered crumbs and apple purée, flavouring the apple layers with a grating of nutmeg and a few drops of lemon juice or a little grated lemon rind. Bottom and top layers should consist of buttered crumbs. Dot some bits of butter over top layer, and bake the pie in a moderate oven for half an hour.

**TO RE-HEAT AND PREPARE
SUPPER FOR SERVING.**

Re-heat Risotto in a saucepan.

Make a Mayonnaise Sauce (see SAUCES) and use it to garnish Fish. You can enhance the appearance of the dish by colouring part of the Mayonnaise Sauce red with the aid of a little cochineal, and part green with the aid of a little spinach juice (see COLOURINGS). A cutlet of Salmon, garnished with Mayonnaise in three colours—yellow, green and red—makes a particularly attractive-looking as well as tasty dish, and provides a substantial course into the bargain.

Dot some butter over surface of Apple Brown Betty, and warm up the pie in oven.

RECREATIONS.

The happiness and comfort of home life depends largely on the provision of facilities for recreation, and of the family's ability to make use of them.

Mediums of recreation should provide both for indoor and outdoor relaxations, and should cater for health and strength of mind and body. Fashion is continually devising welcome changes in modes of recreation; further, there are national pastimes which are too much a part of the life of a people to be displaced by any new favourite, however popular; and, in addition, there are old-as-the-hills diversions which have an international power of appeal and which are welcomed as the best of new friends by generation after generation.

Existing mediums for relaxation offer a wide variety of choice to people of all ages at all seasons of the year, with pockets of various depths. Prime favourites include:

For Indoor Recreation:

Art Needlework.	Fencing.
Billiards.	Games.
Books.	Gymnasium.
Dancing.	Music.
Domestic Pets.	Photography.
Drawing and Painting.	Toys.

For Outdoor Recreation:

Boating.	Hockey.
Cricket.	Motoring.
Croquet.	Shooting.
Cycling.	Sketching.
Fishing.	Swimming.
Football.	Tennis.
Gardening.	Walking.
Golf.	Winter Sports.

Although a special locality and surroundings specially favoured by

nature or adapted by man for a particular purpose are requisite to the pursuit of some recreations, much may be done to make any home a suitable resort for indulging in relaxations that call for special accommodation or environment. For instance, some room in a house can usually be put at the disposal of a member of the family who wants a dark room for photography, or of another who wants quiet for reading, if all the rooms in that house are not reserved according to the laws of the Medes and Persians for part-time use only as bedrooms or high-day and holiday sitting-rooms; again, much can be done in the way of gardening in vases, tubs and window-boxes when you have not a garden; gymnastic accessories can be accommodated in bathroom or verandah; and dining-tables are transformable into miniature billiard-tables.

Never make a trouble of any extra work in the house that widens the opportunity for play.

It is a fine ideal that every member of your family should know how to work and be able to work for a living. It is an equally fine ideal that every member of your family should be able to play alone and with others in such a way as to make life worth living.

RED MULLET.

Seasonable all the year. Grill and serve with Maître d'Hôtel butter (butter, chopped parsley and lemon juice); or boil in court bouillon.

For details of Grilling and Boiling, see FISH.

REMOVALS.

Banish from your mind all the terrifying tales you have ever heard

on the subject of removals. Such stories are antiquated traditions, which have been handed down from the days before civilisation bred an enterprising race of removal contractors, and before the carrier's cart mode of transport was revealed as a clumsy old fashion by the invention of specially constructed pantechnicons, designed to travel by road or rail. Nowadays, the only people who believe that "three moves are as bad as a fire" are the muddle-heads who cling to any excuse for disorder, and the unhappy mortals for whom trouble is a pleasure, particularly when it forces those around them to participate in discomforts and inconveniences.

Free from prejudices, you are ready to consider a new faith as the guiding principle for facing a removal. Pin all your trust to the modern dogma that, under existing facilities, any person of normal intelligence and average capability can arrange for a removal to be conducted in such a way that the old house remains home until the very morning it is vacated and the new house is transformed into the new home by the evening of the same day.

To this end you must make yourself acquainted with a few simple rules for systematising the business side of the work. It is equally important that you and your staff-assistants should be fit and cheery on "the day." So, for a few days prior to the final act take a little extra care of your health, avoiding, for instance, the dead-beat results of putting everything off until the last few hours; and keep a kindly curb on the "willing horses" of your domestic circle, encouraging both relations and servants to save up some of their energy. Re-

REMOVALS—*Continued.*

member, too, to look ahead for some enticing invitation, or such-like attraction, that will provide a pleasant day's outing on moving day for any born-worry member of your family who is not claimed by outside duties, and for such members as are delicate enough, young enough, or old enough to need more attention than you can give them when the vans are at the door.

It is assumed that you have:—

- (a) Chosen your new residence.
- (b) Made sure of undisputed possession of that residence onwards from a clearly fixed date.
- (c) Decided the date on which you wish to move from your old residence into your new one.

Directly these preliminaries are settled, you should begin preparations for removal.

With Household Furniture to an Unfurnished House or Flat.—SEEK THE ASSISTANCE OF A REMOVAL CONTRACTOR.—First-class firms have numerous calls for their services, particularly in the neighbourhood of Quarter Days; the sooner you start looking for someone to do your work, the better will be your chance of finding experienced help available on the particular day you have selected for moving.

Consult a good firm with headquarters or agency in or near the locality where you are still living. State your business in a business-like way, giving your present address, the address to which you are removing, and proposed date of removal.

Presuming the firm is not booked

up to its full capacity for the date named, an arrangement will be made for a representative to call on you to inspect goods for removal, to advise you as to the most suitable means of transit, and to offer you any practical hints that his experience may suggest on the spot. You should conduct this representative round your present residence, giving him every facility for noting quantity, quality and nature of goods for removal. On his report the firm will base their estimate, which will be sent you in writing, for packing, removing and unpacking your possessions, they to take all risk and responsibility and to provide the necessary packing-cases and packing materials. *Up to this point the services of removal contractors are given free, it being clearly understood, as a matter of business, that you are in no way bound by your acceptance of courteous preliminaries to accept the estimate submitted.*

ACCEPTING AND REJECTING CONTRACTORS' ESTIMATES. — Reputable firms base their estimates on a fixed scale of charges. If you have no experience to help you criticise the price quoted by a particular firm for the particular removal in view, seek the advice of a friend who is *au fait* with such matters. Or obtain two or three estimates for comparison, but in making comparisons be sure to take into consideration the reputation of the respective firms and their possibilities of service as governed by class and extent of staff and equipment.

The cheapest sounding estimate may very well prove the dearest. For instance, a firm that does not have to meet the expenses of maintaining emergency vans and breakdown gangs can afford to give

a lower estimate than one that is prepared to cope with any trouble arising from an accident on the road. A few shillings extra on the quoted charge for removal is a cheap form of insurance, against a delay that might otherwise mean a weary and vain wait until nightfall at an empty house, followed by the expensive necessity of seeking hotel accommodation for a hungry and tired family.

Breakage of articles, for which money cannot compensate; unintelligent methods of loading, that make for the unloading in hopeless confusion of kitchen chairs and top floor bedsteads; packing materials strewn all over the new house—these are but a few more of the many inconveniences and annoyances from which you are spared by experienced removal contractors with their up-to-date appliances and skilled staff.

PREPARE TO PUT NEW HOUSE IN ORDER.—Take time by the forelock by beginning preparations to put your new house in order directly agreement is signed.

During interval between signing of agreement and date on which you are at liberty to take possession you should:

See outgoing tenant to discuss arrangements for taking over fittings and fixtures, such as electric light accessories, carpets, linoleum, blinds. At same time, obtain information concerning nearest and best shops.

Arrange with builders and decorators for any structural alterations or redecoration of rooms.

Find out addresses of a plumber, sweep, charwoman and general handyman.

As soon as possible after house is at your disposal you should:

Measure floors, walls and windows to see how furniture, carpets, blinds and curtains can best be arranged and adapted to new residence.

Arrange for cleaning of carpets, etc., taken over from outgoing tenant.

Set about choosing any new requisites in the way of carpets, curtains and blinds.

Make a rough drawing of each room, indicating proposed position for incoming furniture.

The following details should all have received attention before moving day:—

Completion of structural alterations, such as installation of central heating; replacing gas by electricity; fixing lavatory basins, with hot and cold water supply, on landings and in bedrooms or dressing-rooms.

Chimneys swept.

Taps tested and new washers fitted where necessary; gutters cleaned and pipes in good repair; cisterns cleaned.

White-washing, distemping, papering, painting and such-like decorations finished.

House thoroughly cleaned—floors scrubbed, grates polished, etc. All cleaning carried out under your own personal supervision or by a trusty servant.

Carpets and linoleums fixed wherever practicable. Floors or surrounds stained, sufficient time being allowed for them to dry; polishing should be left until after furniture is in place. Cover carpets or floors with dust sheet, papers or coarse matting, as protection against heavy traffic of moving in.

REMOVALS—*Continued.*

Coal cellar stocked.

House thoroughly aired and fires lighted to avoid risk of dampness.

Blinds and curtains in place as far as possible.

Baker and milkman instructed to call.

As a final precautionary measure, make sure on day prior to removal that (*a*) water is turned on at main; (*b*) lights are ready for use; (*c*) telephone is connected.

DISMANTLING THE OLD HOUSE.—

Take up carpets in time to be well beaten in own garden or sent to cleaner.

Have altered, washed or cleaned all curtains, blinds, cushion covers and hangings that are to be utilised in new house. Necessary alterations should be made prior to washing or cleaning, and draperies dispensed with in old house soon enough to ensure their return in time for packing.

Start early to make a clearance of useless and superfluous odds and ends, such as broken kitchen utensils, cracked china, old clothes, and all long-treasured hordes that are just as unlikely to be used in the future as in the past.

Concerning packing, remember that a contractor has undertaken responsibility for that most important branch of the removal, but that he is only responsible for such part of the work as is actually done by his staff. Limit your own activities, therefore, to packing:

- (*a*) Personal clothes; (*b*) silver; (*c*) jewellery; (*d*) a hamper of foodstuffs to carry family over moving day; (*e*) dressing bags; (*f*) medicine chest.

The packing of clothes should

come at a late stage of moving preparations. In connection with this detail, take special care to consult your men-folk on the subject of clothes they wish left out for "the day," and avoid packing anything they consider necessary for their business or pleasure.

Also, as a final measure, notify change of address to Post Office in district where you are still living.

MOVING DAY.—Household should rise early, get breakfast over and clear up personal odds and ends, so that everything may be ready for workmen to start operations when first van arrives.

Instruct foreman as to order in which you wish rooms cleared. Remember that bedsteads should be despatched in first van, so as to arrive at new house in good time for beds to be put up and made ready for the night.

One member of the family should be entrusted with plan showing arrangement of furniture in new house, and should set off for the new address, accompanied, if possible, by a servant. The advance guard should take with them the hamper of foodstuffs, and arrive in time to receive vans, direct men as to position of furniture, light kitchen fire and prepare first meal. Every case should be unpacked on landing to which contents are proper.

Although workmen are paid by the firm, it is customary for clients to tip them, and as a rule they earn generous treatment by the good will no less than the efficiency with which they do their work.

FINISHING TOUCHES.—It is more important to re-create the home atmosphere than to hurry and scurry everything into its place on the first day of arrival in a new house. A bunch of flowers in a

familiar vase will relegate such discrepancies as a chair out of place to their proper position of trivial importance. So long as all members of the household can have their meals in cheery surroundings and go to bed in comfort, other details of moving in may be put off till the morrow or the next day. Stair carpets should not be laid until all unusual traffic has ceased.

To a Furnished Residence.—

The preliminaries of choosing residence, signing agreement and deciding date of removal having been settled, the next principal matter of importance is to make up your mind as to most convenient means of transport.

MEANS OF TRANSPORT.—The choice lies between—

(a) A conveyance from door to door.

(b) A conveyance to local railway station, despatch of luggage by goods or passenger train, and a conveyance at other end to take packages to their final destination.

(a) *By Road*.—The first of these methods is usually the more economical, and, undoubtedly, has many other outstanding advantages. For instance, various possessions, such as sewing-machine and foot-bath, can be put straight into van without being packed; cases need not be so securely fastened as when they are to be forwarded by rail; garden produce, that would otherwise be left behind or require careful handling, can be easily removed; the tedious business of labelling each package is superfluous; and quick delivery, which simplifies and expedites business of settling in, is ensured.

(b) *By Road and Rail*.—When

distance renders door-to-door road transport impracticable, railway facilities should be utilised—

(a) Arrange with goods department of railway company for heavy packages to be fetched and despatched in time for delivery at your new address by date of your proposed arrival.

(b) Order a railway omnibus to call for family and remaining luggage on moving day, stating time of departure of passenger train with which conveyance is to connect; request that omnibus shall arrive early enough to allow of luggage being handled and labelled at station, so that there shall be no worry arising from cutting things fine, and to this end give a rough idea, when ordering bus, of number, weight and bulk of packages to be taken.

(c) Follow up first order with another for a railway omnibus to meet train at station of arrival, so that no time may be lost during last stage of journey to new address.

PACKING REQUISITES.—The comparatively small amount of packing to be done in connection with moving to a furnished house can usually be accomplished by members of the family, with some help from servant or servants. It is not necessary to go to the expense of engaging professional packers.

The following list enumerates the principal packing requisites for an ordinary removal to a furnished house:—

Trunks and dress-baskets for clothes; hat boxes.

Closed baskets for linen.

REMOVALS—*Continued.*

Baskets and packing-cases for kitchen utensils and accessories.

Packing-cases for preserves, bottles and suchlike breakables.

Lock-up case for silver and plate.

Bag for soiled linen.

One receptacle, such as box or suit-case, for boots of whole family.

Hold-all for coats and rugs.

Canvas kit-bag for odds and ends and last minute "finds."

Sacks and boxes for garden produce.

Hamper for provisions.

A length of canvas matting with which to make a bale of any light but bulky articles, such as eiderdowns and blankets, or to protect any piece of furniture that always travels with you, such as a pet arm-chair.

Packing-needle and packing-thread.

Hay, straw or shavings to safeguard breakables.

Ample supply of soft paper and old newspapers.

Labels. *Note.*—Every package which is to be transported by rail, no matter whether it is to travel by goods train, in guard's van, or with you in a passenger compartment, should bear a label which clearly states owner's name and full address of destination.

MOVING DAY AND FINISHING TOUCHES.—See hints under these headings in paragraphs dealing with *Removal to an Unfurnished House*, pp. 256-257.

Garden Produce, Removal of.

—1. *Seedlings.*—According to season, certain seedlings can be moved for transplanting in garden of your new house. Varieties which can thus be treated are precisely the same as those which, at any given time of the year, you would be transferring from a seed-bed to roomier quarters in the same garden. But when seedlings are to be called upon to make a longer journey than the passage between neighbouring plots, they must be packed for transit and given an early claim on your attention upon arrival at distant destination.

Tie seedlings up in bundles of 25, 50 or 100, handling delicately so as to avoid bruising, breaking and shaking off the mother soil that has been dug up with roots. Envelop roots of each bundle in a big leaf, such as cabbage or rhubarb, or in a damp piece of brown paper, and lightly secure wrapping with a tie round of bast.

Or heel in seedlings in shallow wooden boxes, partially filled with soil.

Upon arrival at destination, put seedlings out of doors in a shady spot. Bundles should be untied and contents heeled in the ground. Transfer to permanent quarters with as little delay as possible.

2. *Roots.*—Stocks of such vegetables as potatoes, carrots, beetroot and Jerusalem artichokes can be moved any distance under conditions akin to those in which root varieties of produce are stored for winter use—in sacks or boxes.

3. *Leeks and Celery*, when sufficiently well-grown to be serviceable, may be lifted and taken away in boxes. If put bodily under ground in a dry corner of the new garden they will keep in

good condition for some weeks, and although they will make no further growth the bleaching process will continue to improve their appearance.

4. *Fruit*.—Dessert apples and pears should be separately wrapped in tissue paper, and as much care should be taken to prevent them coming into contact with one another or with sides of packing case as if they were eggs. Cooking varieties do not need quite such delicate attention, although it is folly to move them under rough and tumble conditions that make for bruises, and thereby waste much of the valuable time and labour that have been expended in producing them.

Pack in boxes, with dry bracken or straw; line box, fill in with alternate layers of fruit and packing material, and finish off with a top covering of latter before nailing down lid.

See also PACKING.

RHUBARB.

To Bottle, to Pulp,
see PRESERVING FRUIT.

RICE.

This cereal, which we in this country are inclined to regard as a foodstuff to be used when we can get nothing better, is the staff of life of about half the world's population. What bread is to the West, rice is to the East.

Rice is particularly rich in starch, of which heat-giving and flesh-forming food ingredient it contains about 75 per cent.; it is, however, deficient in fat, and for this reason requires some accompaniment such as milk or butter. But nothing can make it palatable unless it is well cooked

—scientifically speaking, boiled rice and milk with a bit of butter stirred in may be an ideally balanced form of nutriment, but if it is served in the form of a sloppy squash or a stodgy solid, our revolting stomachs make us feel there is a flaw somewhere in the scientific estimate of its value.

Many people still hold to the erroneous idea that the whiter the rice the better the quality. To whiten rice, the grain is artificially polished, and by this process the part containing the highest proportion of nutriment is removed. Unpolished rice is now stocked by many of the leading stores.

TO BOIL RICE.—Various experts who can turn out a dish of boiled rice, tender and perfect in appearance, with every grain separate, have their own pet ways of performing the trick. Generally speaking, at the last stage of the operations, they all follow the practice of putting the boiled rice into a strainer and letting cold water run through it from a tap. But in thus separating the grains, a good deal of nutriment is lost. Here is the method practised by Indian cooks, so many of whom are born and bred in rice-fields:

Drop rice like rain into boiling salted water—plenty of water, at least 6 pints of it to a lb. of rice. Boil fast, to discourage grains from sticking together, and stir to keep them free from bottom and sides of pan. When rice is quite tender—in about 20 minutes—transfer it to a strainer and let it remain there till every drop of water has trickled out—3 to 5 minutes; during this time keep strainer in a warm dry place,—on side of stove or in oven, and frequently empty water out of plate on which strainer stands whilst rice is draining.

RICE—*Continued.*

RECIPES.

Rice Milk.—Cook rice in boiling milk instead of water; allow 2 tablespoonfuls of rice to $1\frac{1}{2}$ pints of milk. Do not strain. When rice is tender, add sugar to taste and stand aside to cool a bit; just before serving, return to side of fire, stir in the yolk of an egg and warm up the mixture, but do not let it come to the boil. Turn into a china bowl to serve.

Rice Mould.—Boil a pint of milk with sugar to taste. Sprinkle into boiling milk 2 tablespoonfuls of rice, and continue cooking until rice is quite tender and has absorbed practically all the milk. Flavour with a few drops of almond or other essence, stir to mix, turn into a rinsed-out mould, and stand aside to cool and set.

Rice Pudding.—Into a buttered pie-dish put 2 tablespoonfuls of rice, add a tiny pinch of salt, sugar to taste, one pint of milk and a little finely-chopped suet or a few little bits of butter. Grate a little nutmeg over surface.

Cook first, for about ten minutes, in hottest part of oven, to bring milk nearly to the boil and thus start rice swelling by bursting the starch cells. Transfer pudding to part of the oven where slow cooking will ensue, and continue cooking for about 2 hours.

Rice Tart.—Line an open tart tin with pastry—see PASTES AND PASTRY—and three-parts cook the pastry.

Meanwhile prepare some rice milk in accordance with previous recipe, but allow 2 tablespoonfuls of rice to 1 pint milk, and cook till all moisture is absorbed. Flavour with a few drops of vanilla essence before

stirring in the egg. Fill prepared rice into the partially cooked pastry and return tart to a moderate oven to finish cooking pastry and to brown surface of rice.

Serve hot or cold.

Risotto.—Melt a little piece of butter in a saucepan, and in it fry chopped onion to a golden brown colour. Add some stock, season with salt, and when liquid comes to the boil sprinkle in some rice—allow 2 tablespoonfuls of rice to each pint of stock.

Cook until the rice is tender and has absorbed practically all the moisture. Now add a piece of butter and some grated cheese, and stir to melt and mix.

Serve as a luncheon course or savoury.

This dish is raised to festive heights by the addition of chicken livers.

Numerous other recipes for sweets and savouries in which rice is an ingredient are included herein under various headings, such as CURRY, SOUFFLÉS, SOUPS, etc.

RUST, Prevention and Cure.

Iron Goods.—When iron goods, such as saucepans and flat irons, are not in frequent use, or if it is impossible for you to keep them in a thoroughly dry place, smear them over with lard. In case of such things as flat irons, grease must of course be thoroughly well cleaned off before articles are employed for their special purpose. To clean the rusty interior of an iron saucepan, boil up in it potato peelings and add a bit of soda to the water.

Marble.—Rust marks will disappear from marble if you rub them with lemon juice. Use only a very

little lemon juice, and do the work quickly so as not to replace rust with lemon stain.

Steel.—Use emery paper.

Tin.—Before using new tinware, rub it over with lard and heat it well in the oven. After such treatment it will seldom rust, even though it may be constantly put in water.

Rust marks will often yield to rubbing with borax and water or with borax and soap. In stubborn cases of a rusty tinned interior of a

kettle or suchlike vessel, boil borax and water in the vessel; scour well, and afterwards boil two or three lots of plain water in vessel before the receptacle is again taken into service.

Rusty tinware may also be treated with salad oil and whitening; and if tins when new were not treated by the rust-proof process already described, rub them with a little salad oil when they are not in frequent use, or if it is impossible to keep them in an absolutely dry place.

On cold meat day

the prudent housewife
is provided with
Mason's "O.K." Sauce
the famous cold meat
relish, appetising and
a true digestive

MASON'S "O.K." SAUCE

as supplied

by Warrant of Appointment

to the

HOUSE OF LORDS

S

SAFES, FOR VALUABLES.

A specially-made safe to serve as depository for valuables, such as important documents, silver and jewellery, is a good investment.

Although you may be insured against fire and burglary, no monetary payment could ever make up to you for the loss of certain treasured possessions, or compensate you for the worry of losing certain papers. There are several makes of safes for household use; they can be installed as fixtures, or be given a detached position in a room in the same way as furniture is accommodated.

If it is not convenient to have a safe in your own house, store valuables not in general use at a safe depository or send them to your bank.

SAGE.

Sage is one of the herbs best known amongst English cooks. It is used principally as an ingredient in the preparation of forcemeats; its customary partner is the onion, and together they play the principal part in the preparation of stuffing for ducks and geese, and often for veal and pork.

As sage is an evergreen, there is no necessity to dry a supply of this herb for winter use.

SAGO.

Sago does not grow in the grain form in which it is sold. It is a manufactured grain consisting of a highly nutritious, starchy product obtained from the pith of a special

variety of palm. In addition to its nutritive properties, sago has the advantage of being one of the lightest and most easily digestible of cereals, which makes it a particularly suitable food for invalids.

In household life, its principal uses are to give some body to clear soups, and to serve as a main ingredient of a sweet mould, or of the milk pudding to which it gives its name

See SOUPS.

NOTE—Sago is inclined to have an earthy taste, so soak it in cold water for about an hour before using, and wash well under a running tap.

RECIPES.

Sago Milk.—Particularly good for invalids and children. Put sago into boiling milk and boil slowly till tender, stirring frequently. It swells considerably—one level tablespoonful of sago is an ample allowance to a pint of milk for the preparation of sago milk.

Sago Mould.—Put sago into boiling water or milk, and boil gently till tender. Sweeten and flavour to taste. Pour into a mould, previously rinsed with cold water, and stand aside to cool and set. About 2 tablespoonfuls of sago to a pint of milk.

Or,

Sprinkle a little sago into any boiling fruit pulp, cook till sago is well swollen and tender, and turn into a mould to cool and set. The amount of sago necessary for bringing the fruit pulp to a consistency that will set depends, of course, on the consistency of the pulp itself,

SAGO—*Continued.*

but a very little experience in the use of this valuable cereal will soon make you expert at estimating necessary quantity for a given purpose.

Sago Pudding.—Into a buttered pie-dish put milk and sago in the proportion of 1 to 2 tablespoonfuls of sago to each pint of milk—the proportion varies according to desired consistency of pudding. Add sugar to taste, and a few little bits of butter, and grate a little nutmeg over surface. Bake first in hot part of oven to bring milk nearly to boiling point, then stand pudding in part of the oven where it can cook gently, and leave to bake for about 2 hours.

SALADS AND SALAD DRESSINGS.

Most English people have been brought up to believe that salads are nothing more than a monotonous accessory to Sunday supper, a higgledy-piggledy mixture of "rabbits" food drowned in unmixed oil and vinegar. If you have been thus prejudiced in the past, you will be glad to discover that a salad may be so constituted as to form a nourishing, satisfying and attractive meal; whilst those of you who are confirmed salad gourmets are always on the look out for hints that may widen possibilities.

SALAD INGREDIENTS.—The range of ingredients suitable for salad making gives a wide choice of materials at all seasons. In addition to the commonly patronised lettuce, radish, mustard and cress, spring onions and beetroot, you can use potatoes, celery, artichokes, carrots, haricot beans, butter beans, French beans, runner beans, endive, tomatoes, fresh or dried peas, corn salad, chicory, cucumber, sorrel,

nasturtium leaves and seeds, dandelion leaves, chives, chervil, tarragon, nuts . . . and still the half has not been told. Many of these provide dainty dishes if served by themselves with a nice dressing; two, three, four or more of them can be combined in an infinite variety of ways to make mixed salads, whilst all of them can be used singly or companionably in conjunction with fish, meat, eggs or cheese to furnish the principal course of a meal.

THE ART OF SALAD MAKING.—Salad mixing is so essentially an art, that it has a strong appeal for all the great masters of all the fine arts. It has a particular fascination for musicians, who, whilst they are quite content to leave the preparation of all other good fare to their cooks, nearly always prefer to mix and blend their own salads.

Instinct and practice are necessary factors for attaining to perfection in salad making, but progress is largely dependent on sympathetic attention to a few simple rules:

Patience is half the battle; one of the best salad artists we have ever met gave two hours as a minimum time in which a good salad could be prepared.

Use a knife as little as possible—break lettuce leaves with your fingers.

After washing uncooked ingredients such as water-cress, lettuce and endive, dry them thoroughly in a clean cloth or in a salad basket.

It is fatal to prepare in the morning a salad that is to be served in the evening. Do not allow more than half an hour to elapse between final touches of mixing your salad and eating it.

Thoroughly incorporate dressing with ingredients, so that there is no

liquid to remain in or drain down to bottom of bowl.

Always use a *wooden* spoon and fork for mixing.

Make use of herbs, particularly chives, chervil and tarragon. Like all perfumes and flavourings they should be added with a light hand.

Use only best quality oil and vinegar for dressing. Tarragon or home-made herb vinegars provide good alternatives to ordinary vinegar.

RECIPES.

One-Vegetable Salads.

CUCUMBER.—Peel cucumber, cut into very thin slices, sprinkle with salt and leave to stand for 2 or 3 hours. Drain off water which has been extracted from the cucumber by the salt. Put drained slices into bowl and mix with plain dressing; very little oil. Serve with hot or cold salmon.

ENDIVE.—Rub round inside of salad bowl with raw onion, or rub a crust of bread with garlic or onion, put it in bottom of bowl, and take out just before serving. Wash endive very carefully and pick off outside leaves. Now break into branches and re-wash so as to remove every vestige of grit. Dry thoroughly. Put in bowl and mix well with plain dressing—proportion of oil and vinegar, 3 tablespoonfuls of oil to 1 tablespoonful of vinegar. Endive salad makes a specially good accompaniment to hot chicken.

FRENCH OR RUNNER BEANS.—Fresh or salted beans can be used. Boil till well tender, strain and leave to get quite cold; if flavour of onion is liked, the onion should be boiled in with the beans and removed before serving. Put beans in salad bowl with a little chopped

parsley, and thoroughly incorporate with them mayonnaise, plain or mustard dressing; proportions for plain dressing—2 tablespoonfuls of oil to 1 tablespoonful of vinegar. French or runner bean salad goes well with cold boiled or roast beef.

HARICOT BEANS.—Any kind of dried beans can be used—small white, butter beans, Dutch brown, green flageolets. Dutch browns, although not so well known as the other varieties, make a particularly palatable salad, reminiscent of chestnuts; and green flageolets are very delicate in appearance and flavour. Soak beans in cold water for at least 12 hours, in plenty of water and in a receptacle which allows them plenty of room to swell. Boil till quite tender, strain and leave to cool. Put beans in salad bowl, and thoroughly incorporate with them plain dressing. Garnish with chopped parsley. Proportions for plain dressing—2 tablespoonfuls of oil to 1 tablespoonful of vinegar. Serve this salad with any cold meat.

LETTUCE, COS OR ROUND.—Use hearts only of young and tender lettuces. Wash well and thoroughly dry. Pick to pieces by hand, put in salad bowl, and in the case of *cos lettuce* only, add a few leaves of tarragon broken into tiny pieces. Mix with plain dressing, using 2 tablespoonfuls of oil to 1 tablespoonful of vinegar. Serve as a separate course, or with hot chicken, or hot veal, or with any cold meat.

POTATO SALAD.—Use old potatoes of even and moderate size. Avoid floury varieties that easily crumble when cooked. Boil, leave to cool, cut in slices a quarter of an inch thick. Put in salad bowl, add chopped chervil, chives, and a suspicion of

SALADS—*Continued.*

raw shallot, and thoroughly incorporate with mayonnaise dressing. Serve as separate course, specially suitable for Sunday supper, or with cold poultry or meat.

RADIS NOIR (Black Radish).—Peel some winter radishes, cut them into very thin slices, sprinkle with salt and stand aside to drain. Pour off water, and add a very little vinegar. Serve with hot boiled beef (fresh, not salt beef).

SALADE AUX CŒURS D'ARTICHAUTS.—Boil globe artichokes. Cut down stalk and remove any tough or withered leaves at base. Wash well under running water. Put the artichokes base downwards into boiling salted water, enough water to reach about three parts way up. Keep lid off pan, and boil quickly till tender (30 to 40 mins.). They are cooked when lower leaves can be easily detached. Now remove crown of boiled heads; it comes away easily if you hold the artichoke by the base with one hand, and taking the top circle of leaves with the other hand you give a gentle pull upwards. Scoop out the shallow fibrous circle at interior of base; the cup-shaped base remaining is the part served as salad. Put in salad bowl, and mix with mustard dressing. Serve as a separate course for lunch. This is a particularly *recherché* salad, and being somewhat expensive is only suitable for festive occasions.

TOMATO SALAD.—Put tomatoes in hot water for a few minutes, and you will then be able to skin them easily. Cut into slices, put into salad bowl, add or omit as you please a little finely-chopped raw onion, and mix well with plain or mayonnaise dressing. Equal quanti-

ties of oil and vinegar for plain dressing. Serve with any cold meat, but is particularly tasty with galantine of chicken or partridge pie.

Mixed Vegetable Salad.

BETROOT AND CARROTS.—Boil separately; cut both into dice and mix with mayonnaise. Both are nutritious, and the combination of colours makes an attractive dish. Serve as *hors-d'œuvre*.

CAULIFLOWER AND CELERY.—Use cooked and cold cauliflower, divided into nice little bouquets, and raw celery cut into thin rounds. Mix well with plain, mustard or mayonnaise dressing—for plain dressing 3 tablespoonfuls of oil to 1 of vinegar. Serve as *hors-d'œuvre* or with cold meat.

CHICORY AND BEETROOT (Salade de Barbe).—Use blanched chicory leaves in company with slices of boiled beetroot. The chicory should be divided into 3-inch lengths. Mix with plain dressing—3 tablespoonfuls of oil to 1 of vinegar. Serve with hot chicken. This is an excellent winter salad.

CORN SALAD AND BEETROOT (Salade de Blé).—Carefully wash corn salad and pick the leaves apart. Put in bowl with rounds of boiled beetroot and mix with plain dressing—3 tablespoonfuls of oil to 1 of vinegar. Serve with cold chicken and ham, or cold pie.

POTATOES AND CELERY.—Use cooked potatoes and raw celery. Cut both into rings. Mix with mayonnaise dressing. The crispness of the celery is a palatable contrast in texture to the mealiness of the potatoes, also it encourages the complete mastication that aids

digestion in obtaining a maximum of nourishment from food. Serve as hors-d'œuvre, or with any cold meat.

SALADE RUSSE.—A teacupful of peas (fresh or bottled), same quantity of French beans (fresh, bottled or salted), same quantity of green flageolets, small cauliflower, 2 or 3 carrots, 1 turnip, 2 or 3 potatoes. Cook all the vegetables separately in boiling water, to which a little salt has been added. Drain and leave to cool. Cut the carrots, turnip and potatoes in thin slices, divide the cauliflower into little bouquets and well mix all ingredients in salad bowl. Then add some hearts of young and tender round lettuce cut in quarters. Cover with yellow or green mayonnaise and garnish with a hard-boiled egg chopped fine but not powdered. Serve as a separate course. A very good dish for Sunday supper.

Fish Salads.

ANCHOVY AND CUCUMBER.—Cut cucumber in very thin slices, sprinkle plentifully with salt, leave to stand for 1 or 3 hours and drain well. Wash, scrape and dry anchovies, chop them up. Mix ingredients with a very little plain dressing, or with plain vinegar.

CRAB SALAD.—Carefully pick out the meat from a boiled crab and break it up finely, or get your fishmonger to do this for you—in latter case, state clearly purpose which crab is to serve, so that the crab shall not be “dressed” as for table. Make a base of lettuce and watercress, or lettuce and mustard and cress, and mix well with plain dressing—proportion of oil to vinegar, 2 tablespoonfuls of former to one of latter. Add to this base your finely shredded crab and mix well. Garnish

with thin slices of boiled beetroot and raw tomato, with white of hard-boiled egg cut in rings, and with the yolk of the egg chopped very fine or rubbed through a sieve. If there is any red coral to the crab, this should be reserved to enhance the garnish.

LOBSTER SALAD.—Proceed as for Crab Salad, but, according to taste, mix with plain or mayonnaise dressing. Let the “style” of the garnishing be appropriate to the occasion on which the dish is to be served; for instance, a chic effect is produced by including in the decoration capers, olives and filleted anchovies. Such decorative ingredients also have the virtue of improving the taste of the salad, a virtue of inestimable importance in the art of cooking.

PRAWN SALAD.—Boil whole the heart of a well-shaped, closely-knit cauliflower. Drain and stand aside to get quite cold. Stand on an entrée dish and completely cover with mayonnaise sauce. Peel a liberal allowance of prawns and scatter over the mayonnaise. Shrimps can be used instead of prawns for the preparation of this dish. This salad makes an excellent luncheon course.

RED HERRING SALAD.—Split herrings down the back from head to tail. Dip in boiling water to facilitate removal of skin. Cut off head. Strip out backbone with as many of the side bones as you can remove fairly easily. Peel off skin and cut herrings into fillets. Prepare a potato salad, consisting of slices of cold boiled potato mixed with plain dressing; to this add your fillets of red herring.

SARDINE SALAD.—Make a base of lettuce and cress mixed with plain

SALADS—*Continued.*

dressing. On this bed lay hard-boiled eggs stuffed with sardines—cut hard-boiled eggs in halves, remove yolk, mix latter with pounded sardines and refill into white of egg cases. A little bit of the white should be shaved off at the base of each half so that the eggs stand straight on the bed of salad; or, skin and bone sardines and divide them into short lengths, now mix with a base of lettuce, cress and plain dressing; or, proceed as for anchovy salad but substitute sardines for anchovies.

TINNED CRAWFISH SALAD.—A tin of crawfish provides a substantial body for a delicious salad. Drain and break up fish and incorporate it with a well-prepared salad of mixed vegetables, or a green salad such as lettuce, endive and cress, with ■ mayonnaise dressing.

YESTERDAY'S BOILED FISH SALAD.—Use any boiled fish left over; bone it very carefully and break up into small pieces or flake finely. Add some cold boiled potatoes cut in dice or slices, and any other cooked vegetables which you may have in the larder—all such vegetables should be cut in shapely pieces. Bind with a little mayonnaise, and either pour over a mayonnaise sauce, or serve the latter separately in a sauce boat.

Savoury Fruit Salads.

Of the many fruits that can be used to advantage as appetising ingredients of a savoury salad, Nuts must be given the place of honour as the most satisfying and nutritious. They can be embodied fresh as they are taken from their shells, or fresh roasted, or roasted and salted. You can now buy numer-

ous varieties of ready shelled nuts, and the varieties which lend themselves to roasting and salting are obtainable in these prepared conditions.

BANANA AND WALNUT SALAD.—Peel bananas and cut them into slices; peel walnuts and divide them into quarters or small pieces. Mix with mayonnaise dressing made with lemon juice instead of vinegar. Serve in a ring of young and tender green salad, such as lettuce or cress. Serve as a separate course or with cold meat.

MIXED NUT SALAD.—Prepare a green salad, with plain or mayonnaise dressing, and either incorporate with it mixed nuts, or use the green salad as a bed on which to pile the nuts.

Very good alternatives to mixed nuts are provided by pine kernels (pinoli), roasted peanuts, or salted almonds.

NUT AND BEETROOT SALAD.—Boil beetroot, cut in slices about an inch thick—a decorative effect is obtained by the very simple medium of using a vegetable cutter that gives a scalloped edge to the beetroot slices. Scoop out ■ hollow in centre of slices and stuff with chopped nuts in mayonnaise dressing—any kind of nuts, fresh, roasted or salted, single variety or mixed. Garnish with hard-boiled egg chopped fine.

The method of stuffing beetroot to provide a salad dish lends itself to numerous variations. For instance, the stuffing may consist of a small portion of *salade russe*, or simply of hard-boiled egg. Stuffed slices of beetroot make a very picturesque salad either by themselves or in company with a green salad, which serves as a bed on which to serve them.

ORANGE SALAD.—Peel oranges, taking care to remove all of the inner white skin. Cut crossways into slices and remove pips. Put into bowl in layers, sprinkling a little white sugar on each layer. Stand aside for a couple of hours to allow sugar to draw juice from fruit. Do not drain. Just previous to serving pour in a spoonful or so of brandy, and thoroughly mix by lightly turning the fruit over in juice without breaking up slices.

Usually served with wild duck, but is equally alluring as an accompaniment to the domestic variety.

WALNUT AND GREEN PEA SALAD.—Use about a quarter of a pound of walnuts, weighed after shelling, with one pint of green peas. Peel walnuts and break into quarters. Boil peas and leave them to cool. Mix nuts and peas with mayonnaise dressing. Walnuts and French beans also make a good combination for a salad.

Yesterday's Meat Salad.

HARICOT BEANS AND BACON.—Soak and boil haricots. Cut into dice any cold ham you may want to use up, or, if ham is too near the bone to provide shapely pieces, chop fine; or in place of ham, use any cold bacon, left over from breakfast, cut into narrow strips. Mix beans and bacon with plain dressing.

SALADE DE BŒUF EN VINAIGRETTE.—Make a salad of hard-boiled eggs cut in quarters, thin slices of cucumber or pickled gherkins and chopped chives and chervil, mixed with plain dressing. Use this as a bed on which to serve slices of cold boiled or roast beef, mutton, etc; or, cut meat into dice and incorporate as an ingredient of a similarly prepared salad.

SALADE NOEL.—Prepare a Salade Russe with mayonnaise dressing. Pile salted peanuts in centre of salad bowl and ring them round with salade russe. On this ring arrange slices of cold turkey, or garnish with minced turkey.

These few hints will, it is felt sure, be quite enough to set you to work devising a number of novel and attractive dishes composed of cold meat, cut in slices or dice or finely chopped, in company with green salads or cold vegetables.

Cheese or eggs may be used instead of meat as the mainstay ingredient of a salad that is to be served as a separate course.

Salad Bowls.

Do not feel obliged to serve salads in your special salad bowl. Use any china or earthenware bowl which has a colour scheme of decoration that will combine with any particular salad to produce an attractive colour effect.

Salad Dressings.

Bear in mind the old Spanish proverb which advises the salad-maker to be a spendthrift with the oil, a miser with the vinegar, a wise man with the salt and pepper, and a madman with the mixing.

PLAIN DRESSING.—*Ingredients and Proportions.*—Half a teaspoonful of salt, a dash of pepper—for preference black pepper freshly ground by a hand-mill—1 tablespoonful of good wine vinegar and 2 to 3 tablespoonfuls of best quality olive oil. The proportion of oil to vinegar should be, generally speaking, three to one, but variations must be made according to personal taste and the nature of greenstuff or vegetables of which

SALADS—*Continued.*

salad is composed. Under the heading of the various recipes for salads some hints have been included concerning proportions of oil and vinegar, by way of indicating suitable plain dressings for particular salads.

Very gradually, almost drop by drop, add oil to salt and pepper, stirring all the time, until the mixture assumes the consistency of cream. Now thin by adding the vinegar, and stir until this is thoroughly amalgamated with the other ingredients, or use fresh cream instead of oil.

MUSTARD DRESSING.—Proceed as for plain dressing, but include some mixed English mustard—one teaspoonful of made mustard to be included with proportions given for other ingredients of plain dressing. The mustard should go in with pepper and salt previous to addition of oil.

Also you can add, or omit, as you please, a little castor sugar (half teaspoonful) and a dash of Paprika—Hungarian red pepper.

MAYONNAISE DRESSING.—Put in a bowl the yolk of a new-laid egg, together with a small teaspoonful of vinegar, or a few drops of lemon juice—the latter imparts a more refined flavour. Stir the egg gently, so that the salt, pepper and vinegar, or lemon, are well-mixed with it. Now add, drop by drop, best quality olive oil, stirring all the time. Use a silver fork or spoon for mixing. When all ingredients have amalgamated the sauce will be perfectly smooth, and should be so thick as to be almost a solid. Thin to the consistency of thick cream by the addition of vinegar or lemon juice.

The yolk of one egg should be

sufficient to provide mayonnaise dressing for a salad for two or three people; for a salad for five people use the yolks of two eggs. The necessary amount of olive oil for bringing about the desired amalgamation, and the necessary time for stirring, depend on whether the sauce is being made on a hot or a cold day; it is very difficult to make mayonnaise in the summer, or even in the winter in a very hot kitchen; the dressing must be prepared in cool surroundings, or the bowl in which it is being mixed should be stood on ice.

MAYONNAISE VERTE.—Prepare as for ordinary mayonnaise and colour by stirring in finely-chopped chives and chervil, or, better still, by the addition of green colouring extracted from herbs, or from vegetables, such as spinach—vegetable green colouring matter of pure vegetable origin can be bought in bottles at a small cost.

MOCK MAYONNAISE.—For economy's sake, or when new-laid eggs are unobtainable, you can resort to egg substitutes for the preparation of mayonnaise. And there are other expedients which you may be glad to make use of when, owing to unforeseen circumstances or limitations imposed by conditions over which you have no control, you want to make mayonnaise, but cannot obtain the regulation ingredients:

Potato Mayonnaise.—Boil two large potatoes very dry and pass them through a sieve, or beat them well with a fork. Add salt, pepper and a little dry mustard, and whip well to mix thoroughly. Now add a little oil, drop by drop, and vinegar to taste.

Cornflour or Custard Powder

Mayonnaise.—Make some thick boiled custard with custard powder and milk, or some thick cornflour sauce with cornflour and milk—mix either custard powder or cornflour to a smooth paste with a little cold milk, pour boiling milk on to the paste and return to saucepan to boil up and thicken (full directions as to proportions are always given on packets of custard powder and cornflour, but when following them for the preparation of mock mayonnaise you should disregard instructions re sweetening). Stand aside to cool. Add a very little sugar, salt, pepper and vinegar to taste and to reduce dressing to required consistency. Stir well to mix ingredients thoroughly.

Condensed Milk Mayonnaise.—Add to condensed milk a little dry mustard, salt and pepper to taste, and, if milk is unsweetened, include a little sugar. Whip well.

SALES.

Sales are good hunting-grounds for bargains, provided you can resist the temptation to buy anything you see simply because it is cheap.

Some hints on making good use of sales :

Do not miss opportunities through being hurried and scurried by a friend who assures you that "everything on that counter is rubbish." So many people say things are rubbish because they themselves are not clever at turning oddments to good account.

Do not be persuaded into buying furs in shoes if you wear sixes !

Do not buy ready-made things that have a distinct fashion which is distinctly out of date.

Do not buy gloves without trying them on ; trying on is usually against the rules at sale times, but

a sympathetic saleswoman will often waive this rule and a clever customer will often dodge it.

Look carefully at stockings to be sure that two make a pair, and that neither is threadbare.

Buy in winter for summer, and in summer for winter.

Good materials are always worth having, provided they are not dated by colour or design.

Keep your eyes open for lines that are offered in odd sizes only ; in the ordinary course of business a good shop must be able to supply the whole range of stock sizes in any class of goods it offers, and for this reason puts into its sale at reduced prices remaining sizes of goods which cannot be repeated.

SALMON.

Seasonable February 1st to September 3rd so far as United Kingdom supplies are concerned ; but there is no close season for imported salmon, which comes to us fresh, frozen, salted and smoked from various parts of the world.

Usually plain boiled or fried to eat hot or cold. For details of methods, see FISH. Note carefully that salmon, unlike most other varieties of fish, should be put into boiling water. *Time of boiling:* 7 to 10 minutes per lb. according to thickness.

For frying salmon to eat cold, fry in oil in preference to butter.

SALMON TROUT.

Cook like Salmon.

SALSIFY.

Recipes for Cooking,
see VEGETABLES, TO COOK.

SALT.

Coarse salt, in blocks, is the cheapest form of this indispensable

SALT—*Continued.*

household ally, and is the best for cooking purposes, preserving, and various cleaning operations such as scouring burnt saucepans.

For table use, select one of the many brands of specially refined and finely ground salt, sold in packets or tins.

Salt should always be kept in a dry place.

SAUCES, SAVOURY.

Learn to make Sauces, and you have mastered half the art of cooking. Without them, good things innumerable are as dull as many good people, with them everyday things innumerable are imbued with an individuality which makes them fascinating.

Do not make that very insular mistake of regarding sauces as a luxury. Remember rather that well-made sauces are frequently the essential complement of a balance of ration, supplying food ingredients such as starch or fat, which the main ingredient may lack.

Set about learning to make sauces with the fixed idea that you have a very easy task before you. As a matter of fact, you have only to grasp the fundamental principles of the two "parent" sauces, White and Brown, and how to effect a Liaison. Directly you have acquired this small amount of knowledge, you will find that the most perplexing sounding recipe resolves itself into the simplest of problems.

LIAISONS.

As you must know how to effect a liaison before you can complete the making of any sauce, even the "parent" sauces, let us first see the culinary meaning of the term.

A liaison is a thickening agency,

with the power of binding together into harmonious union all the ingredients of a sauce.

EGG LIAISON.—Take yolk only of eggs—one yolk will suffice to thicken about a pint of sauce. Beat yolks well in a basin, and, after they are well beaten, dilute with a little cold milk, cream or water and add a little of the hot sauce, then turn this mixture into your sauce. Keep the saucepan to side of fire and stir contents until liaison is incorporated with sauce. Continue cooking for a minute or two to prevent eggs tasting raw, and to thicken sauce to desired consistency.

Take care that sauce does not come to the boil after egg is added, or egg will scramble itself, and, far from effecting a liaison, will result in a curdled mixture.

FLOUR LIAISON.—Mix a little flour with cold water into a smooth paste, stir in a little of the hot sauce, then turn this mixture into the saucepan containing remainder of sauce. Simmer gently for a few minutes to thicken sauce and to take off rawness of flour; sauce should be stirred continuously till it thickens, to avoid risk of its becoming lumpy. About a teaspoonful of flour is enough to bind half pint of sauce.

Other farinaceous products, such as arrowroot, cornflour and potatoflour, can be used instead of ordinary flour.

FLOUR AND BUTTER LIAISON.—Knead together on a plate a little butter and flour—about equal quantities, or sufficient butter to moisten flour and produce an adhesive mixture. Roll mixture into little pellets, add these gradually to the sauce and stir well for a few minutes, but do not let sauce boil.

ROUX LIAISON.—This is a particularly useful liaison, because you can make a supply of it to keep in

stock. Further, you can make it in two colours, white and brown.

White Roux.—Melt a piece of butter in a saucepan, stir in an equal quantity of flour, and cook very slowly for about a quarter of an hour. Stir frequently, and do not let the mixture take colour.

About a dessertspoonful of roux is sufficient to bind half pint of sauce.

When using roux, or, indeed, any other thickening, it is always safer, from the point of view of preventing lumpiness, to thin it down a bit with a little hot sauce before turning it into saucepan to mix with remainder of sauce therein.

Brown Roux.—Proceed as for White Roux, but cook slowly and long enough for roux to assume a nice russet colour.

BLOOD LIAISON.—Used principally for sauces to serve with game. To a little of the blood of the game with which sauce is to be served, add the liver, well pounded. Turn this mixture into the sauce and stir till the whole is well hot.

PARENT SAUCES.

WHITE SAUCE.—Melt in a saucepan a piece of butter about the size of a large walnut, and stir in a level tablespoonful of flour and cook for two or three minutes. Add a tumblerful of warm water or white liquor in which fish, poultry or white meat has been boiled; salt and pepper. Cook till sauce thickens, stirring continuously. Remove saucepan to side of fire and add egg liaison.

BROWN SAUCE.—The base of all brown sauces is known as Sauce Espagnole. *Ingredients*, for a supply to meet the needs of a small family: 1 medium-sized carrot, 3 or 4 small onions, 3 or 4 outside bits of celery,

a small piece, about 1 oz., of bacon rind or lean ham, 2 or 3 bay leaves, a few peppercorns, a sprig of thyme, $\frac{1}{4}$ lb. of butter or dripping, $\frac{1}{4}$ lb. of flour, 4 pints of stock, salt, pepper.

Slice vegetables fine. Melt butter or dripping in a saucepan, add ham or bacon rind cut into small pieces, and fry for a few minutes. Now put in sliced vegetables, herbs and spices—cook slowly for about 5 minutes; after which add flour and fry all ingredients till nicely brown. Add stock, salt and pepper, bring to boil, stirring meanwhile, then stand saucepan to side of fire and keep contents simmering for about 3 hours, skimming at intervals as necessary. Strain. Keep in well-corked jars in a cool place.

Sauce Espagnole is an excellent brown sauce in itself, suitable for braising, etc. Also it is the fundamental part of such sauces as Brown Caper Sauce and Brown Onion Sauce. It can be reduced by the addition of water or stock, thickened by the aid of more flour or similar liaisons, and enhanced in quality in numerous ways by skilful additions of herbs, spices, and dainty vegetables such as mushrooms.

STOCK.

To avoid repetition and to save you the trouble of referring to other pages of the book, let it be understood that the word "Stock," which will frequently appear in the following recipes, signifies the liquor in which something good has been boiled—meat, vegetables, meat and vegetables, poultry, or fish.

For a white sauce, you must, of course, use white stock.

Fish stock must only be used in sauces which are to be served with fish; but it is not essential to use fish stock for fish sauces.

SAUCES—*Continued.*

FLAVOURINGS.

The term "Bouquet" is used in the following recipes to indicate the frequently employed combination of flavourings consisting of parsley, bay leaves and thyme. Put together one or two bay leaves and a sprig of thyme, wrap round with a sprig or two of parsley and tie up the little bouquet with a piece of cotton. Remove bouquet before serving sauce.

RECIPES.

Béarnaise.—*Ingredients*— $\frac{1}{4}$ pint wine vinegar, $\frac{1}{2}$ teacupful of Béchamel sauce (*see following recipe*), 3 yolks of eggs, 3 oz. butter, 2 shallots peeled and finely chopped, 6 fresh tarragon leaves, $\frac{1}{2}$ teaspoonful chopped parsley and chopped tarragon, pepper and salt. Put vinegar into saucepan, add shallots and whole tarragon leaves, cover, and leave to cook gently till liquor is nearly absorbed by shallots.

Stand aside to cool a little, then add Béchamel and re-heat, after which add salt and pepper and stir in yolks of eggs. Now add butter by degrees and whisk sauce till all the butter is incorporated, taking care not to allow sauce to come to boil after eggs have been added. Strain into a clean saucepan, re-heat gently and add chopped parsley and tarragon just previous to serving.

Serve with fillet of steak or tournedos.

Béchamel.—*Ingredients*—Quantities stated are sufficient for a sauce to serve with fish, etc., for 5 or 6 people. 2 oz. butter and 2 oz. flour—or equivalent in white roux—1 pint of milk, water, milk and water or white stock, 1 little onion or shallot,

$\frac{1}{2}$ small lemon, bouquet, salt, white pepper.

Melt butter, stir in flour, and cook for about 5 minutes, but do not allow to take colour. Meanwhile, in another saucepan, boil milk, to which is added the onion or shallot, bouquet, salt and pepper. Add the hot milk to mixture of butter and flour, bring to boil, then simmer gently for 25 minutes, stirring frequently. Finally, add lemon juice and strain sauce through a fine sieve or muslin.

Serve with eggs, fish, boiled chicken, etc.

Black Butter.—*Ingredients*—2 oz. butter, a sprig or two of parsley chopped or whole, $\frac{1}{2}$ teaspoonful vinegar.

Melt butter in a frying-pan and let it cook until it takes on a nice nut-brown colour, but be careful not to let it burn; fry parsley in the butter, add vinegar, and cook for a minute or two longer till well hot.

Serve with fish, particularly skate, brains or eggs, etc.

Blanquette.—*Ingredients*—2 oz. butter, 2 tablespoonfuls flour, 1 pint water or white stock, salt, pepper, bouquet—chopped chives, optional.

Melt butter and stir in flour, add water or stock, salt, pepper, bouquet and chopped chives. Cook gently and stir till sauce thickens.

Serve with veal, chicken, etc.

Bread Sauce.—*Ingredients*— $\frac{1}{2}$ pint milk, a thickish round of bread, without crust, grated into breadcrumbs, a small piece of butter, a small onion stuck with cloves, salt and pepper.

Put milk into saucepan, add onion and cloves, and bring to boil. Add breadcrumbs, butter, salt and pepper, and leave to simmer gently for at least 45 minutes. Take out onion and cloves previous to serving.

Do not let your bread sauce be mere bread and milk flavoured with onion.

Serve with roast chicken, &c.

Caper.—Make a white sauce (*see recipe* p. 273) and just before serving add to it some capers. Serve with boiled fish or boiled mutton.

Egg and Mustard.—*Ingredients* —2 yolks of hard-boiled eggs, salt, pepper, $\frac{1}{2}$ teaspoonful of made mustard, about 3 tablespoonfuls olive oil, and $1\frac{1}{2}$ tablespoonfuls vinegar.

Break up yolks of eggs with a fork, add salt, pepper and mustard. Stir in gradually the oil until mixture is of the consistency of a thick paste. Finally, stir in the vinegar.

Serve with asparagus. A dainty fashion of serving this sauce is to use the whites of the hard-boiled eggs, cut in halves as sauce boats, and arrange them round the asparagus.

Hollandaise. — *Ingredients* — $\frac{1}{4}$ lb. butter, 2 yolks of eggs, 2 tablespoonfuls of fish stock, salt, cayenne pepper, a little lemon juice. Beat up yolks of eggs with salt and cayenne pepper, and add fish stock. Melt the butter and add, drop by drop, to egg and stock mixture, beating well. Put into a double saucepan and simmer gently, stirring all the time until sauce is of the consistency of a thickish paste. Add lemon juice just before serving, and strain through a fine sieve or through muslin.

Serve with boiled fish.

Horseradish. — *Ingredients* — 2 tablespoonfuls of grated horseradish, $\frac{1}{4}$ pint cream, 1 tablespoonful white wine vinegar, a little castor sugar, salt and pepper.

Put horseradish, sugar, salt,

pepper and vinegar into a basin. Gradually stir in the cream.

Serve cold with hot or cold roast beef.

Madère. — *Ingredients* — Brown roux, stock, bouquet, salt, pepper, a little good Madeira wine. Mix stock with brown roux to consistency of thin cream, add salt, pepper and bouquet. Simmer gently for half an hour. Just before serving stir in Madeira to taste—about one wineglassful of Madeira to a pint of sauce.

Maître d'Hotel.—*Ingredients*— A small piece of butter, chopped chives, chopped parsley, salt, pepper, a little lemon juice or vinegar.

Put all ingredients in a fireproof plate and warm so that butter melts without boiling. Add lemon juice or a dash of vinegar.

Mayonnaise. — *Ingredients* — 2 yolks of eggs, $1\frac{1}{2}$ tablespoonfuls tarragon vinegar, $\frac{1}{2}$ pint olive oil, salt, pepper, a little English mustard.

Beat up eggs with salt, pepper, mustard and tarragon vinegar. Drop in oil very gradually and well beat. If sauce comes too thick, a little more vinegar or some lemon juice may be added to reduce it to required consistency.

Serve with cold fish, fish salad, &c.

Green Mayonnaise.—Add a little spinach juice to the above (*see COLOURINGS*).

Melted Butter.—This is the English name for a plain quality White Sauce (*see recipe* p. 273), but omit egg.

Mousseline. — Use a double saucepan. To a quarter of a pint of hot Béchamel Sauce (*see previous recipe*) add the yolks of two eggs, stir well and cook gently for two or three minutes. Now stir in a nut of butter and add a few drops of lemon juice or tarragon vinegar.

SAUCES—*Continued.*

Season with salt and pepper and whisk until sauce is of the consistency of cream, such as rises to top of good milk. Just before serving whisk in 2 tablespoonfuls of whipped cream.

Serve with superior quality boiled fish, such as turbot or sole.

Mushroom.—*Ingredients*—Button mushrooms, butter, Sauce Espagnole (*see* BROWN SAUCE, p. 273).

Peel mushrooms. Melt butter, and in it lightly fry the mushrooms. Add fried mushrooms to some Sauce Espagnole, and make thoroughly hot.

Mustard.—*Ingredients*—1 teaspoonful mustard, 1 teaspoonful vinegar, 1 dessertspoonful flour, walnut of butter, $\frac{1}{4}$ pint boiling water. Mix flour and mustard, and thoroughly knead them with the butter, then stir in the boiling water. Boil for about 5 minutes. Add vinegar just previous to serving.

Serve with grilled fresh herrings.

Onion.—Use boiled onions, chopped coarsely. Add these to Melted Butter (*see previous recipe*) for White Onion Sauce, or to Sauce Espagnole (*see previous recipe*) for Brown Onion Sauce.

Parsley.—Make some Melted Butter (*see previous recipe*). Just previous to serving add some chopped parsley.

Piquante.—*Ingredients*—3 tablespoonfuls of vinegar, a little chopped parsley, a shallot or two, nut of butter, brown roux, 3 or 4 gherkins, pepper and salt.

Put vinegar, chopped shallot, chopped parsley, butter, salt and pepper in a saucepan, and heat gently until butter is melted. Add a little brown roux, and cook slowly until it is incorporated with other ingredients. Strain, and at last

moment, before serving, add the gherkins, thinly sliced or chopped.

Poulette.—Proceed as for Blanquette (*see previous recipe*). Previous to serving, add Egg Liaison and chopped parsley.

Serve with sheep's trotters, broad beans, etc.

Robert.—*Ingredients*— $\frac{1}{2}$ pint of stock, 1 to 2 oz. butter, 2 medium-sized onions chopped fine, flour, salt, pepper, vinegar, mustard.

Melt the butter and fry the onions in it until they are a nice golden-brown colour. Stir in the flour, add stock, salt and pepper, and cook gently for 20 minutes. Just previous to serving, add a little made mustard and a dash of vinegar.

Serve with slices of cold roast pork, cold chicken, etc.

Tarragon.—Proceed as for Mayonnaise Sauce (*see previous recipe*), and add chopped tarragon leaves.

Serve with cold boiled beef or cold roast chicken.

Tartare.—Proceed as for Mayonnaise Sauce (*see previous recipe*), and add some chopped capers and chopped tarragon leaves.

Serve with grilled fish, fried fish, etc.

Tomato.—Cut tomatoes into smallish pieces, and put them in a saucepan with a bay leaf or two, a sprig of thyme and a sliced onion. Simmer gently until juice is extracted; stir frequently to avoid burning. Rub through a colander or sieve into purée form. Put purée back into saucepan, add a little butter, salt, pepper, and simmer gently for about 20 minutes. Bind with cornflour or arrowroot (*see* LIAISONS, pp. 272-273).

Vinaigrette.—*Ingredients*—Finely chopped parsley, shallot and

onion; equal quantities of oil and vinegar and a little salt and pepper. Stir all ingredients together till thoroughly mixed.

As certain FRUIT SAUCES make an excellent accompaniment to various dishes of meat, poultry and game, it is thought that a few recipes of these will be welcomed by you under the heading of Savoury Sauces. Although, strictly speaking, this is not their proper place, it is the place where they are most likely to be helpful to you when you are making up your menus.

Apple.—Peel and core apples, cut into quarters and put into a saucepan with just enough water only to prevent burning. Simmer very gently, and when fruit is tender, rub through colander or sieve into purée form. Return to saucepan, sweeten to taste and re-heat—add, or omit, as preferred, a little lemon juice or grated lemon rind, two or three cloves and a grating of nutmeg.

Serve, either hot or cold, with roast pork, roast chicken, pheasant, goose or duck.

Compotes.—Stewed fruit, under rather than over sweetened, goes well with almost any dish consisting of poultry or game. For instance, serve stewed plums, hot or cold, with roast pheasant, morella cherries with chicken, pears with partridge or thrushes, prunes with hare, mixed fruits with curry.

Cranberry.—To 1 lb. of cranberries, previously washed, add $\frac{1}{2}$ pint of cold water. Simmer gently till tender—about half an hour. Add sugar to taste, about a tablespoonful of red currant jelly, and boil again. Just previous to serving, stir in a little port wine. Strain, or serve with fruit in, as preferred.

Serve with roast turkey or roast chicken.

Sultana.—Make some arrowroot or cornflour sauce with water; *i.e.* mix a teaspoonful of arrowroot or rather more of cornflour to a smooth paste with cold water, pour on to paste, stirring meanwhile, $\frac{1}{2}$ pint of boiling water. Transfer mixture from bowl to saucepan, add sugar to taste and boil up to thicken, stirring continuously. Stir in some sultanas, and, two or three minutes previous to serving, add a wineglass of claret.

Serve with boiled ox tongue.

SAUCES, SWEET.

You can make an infinite variety of delicious sweet sauces by the aid of fruit syrup, jam and chocolate or other flavourings, if you are equipped with the very simple working knowledge of the way in which to make a boiled custard, and the way in which to transform cornflour, ground rice or arrowroot into a liquid of cream-like consistency.

Let us see, then, how to make custard sauce and cornflour, arrowroot or ground rice sauce, and how to ring the changes by flavouring these bases.

Custard Sauce.—*Ingredients*—1 pint of milk, 2 eggs, castor sugar to taste.

Boil the milk, add sugar and leave to cool slightly. Beat eggs well, pour hot boiled milk on them, stirring meanwhile, and strain into a jug. Put this jug into a saucepan of boiling water and stir continuously until mixture thickens, but do not let mixture come to the boil or it will curdle.

You can flavour this sauce in a variety of ways: For instance, by boiling a bay leaf or two with the milk, by adding a few drops of essence of lemon, almond or vanilla

SAUCES—*Continued.*

just previous to serving hot, or just previous to standing the sauce aside to get cold.

See FLAVOURINGS.

Cornflour, Arrowroot or Ground Rice.—Mix with milk for an opaque sauce, water for a clear sauce, or syrup for a fruit sauce; the syrup may consist of sugar and water when the sauce is to be flavoured with a fruit essence, but a richer and fuller flavoured sauce will result from using pure fruit syrup.

In each case the cornflour, arrowroot or ground rice should be mixed to a smooth paste with *cold* water, milk or syrup, then *boiling* water, milk or syrup should be stirred into the paste, and the mixture transferred from bowl to a saucepan and sweetened to taste.

The mixture must then be boiled :

- (a) To thicken.
- (b) To take off the raw taste of the cornflour, arrowroot or ground rice.

Proportions : 1 dessertspoonful of cornflour, arrowroot or ground rice to $\frac{1}{2}$ pint of liquid, more or less according to thickness of sauce desired (see FLAVOURINGS).

A very few hints will, it is felt sure, suffice to carry you sufficiently further along the right road towards making an infinite number of sweet sauces for serving with puddings, tarts, jellies and their numerous relations.

Brandy.—Make a cornflour sauce with a syrup of sugar and water. Add brandy to taste just previous to serving.

Chocolate.—Mix chocolate powder with cornflour for making into a paste with cold milk; or, make a plain cornflour sauce with milk and melt a bar of chocolate in it.

Coffee.—Make some strong coffee, and use this as the liquid for making an arrowroot or cornflour sauce.

Add a dash of brandy just previous to serving; or, make coffee with milk and proceed as above, but omit brandy.

Ginger.—Mix a little ground ginger with arrowroot or ground rice for making into a paste with cold milk or cold water. Just previous to serving, add a few drops of lemon juice; or, make a plain sauce and flavour with essence of ginger.

Lemon.—Make a plain arrowroot, cornflour or ground rice sauce, with water or milk, and flavour with essence of lemon or lemon juice. Colour and taste are improved by adding grated lemon rind to the sauce at the time when it is transferred from bowl to saucepan for boiling.

Orange.—Proceed as for Lemon Sauce, but use essence of orange or fresh oranges.

Raspberry.—Stew some raspberries, strain off the juice and use this juice for making a sauce with cornflour; or, make a plain arrowroot sauce and stir in some raspberry jam; or, make a plain ground rice sauce, and just previous to serving, flavour with raspberry essence.

SAVOURIES.

Savouries are nearly related to hors-d'œuvre, but whereas the latter are served at the outset of a meal with the purpose of arousing material appreciation of good fare, the former come after the sweets as a piquant transition to choice wine and wit.

In contrast to hors-d'œuvre which are usually served cold, savouries should be hot in a wide sense of the word. As many of the dain-

ties which can be prepared in the form of hors-d'œuvre can equally well be transformed into savouries, take particular care in arranging your menu that the savouries do not suggest that the hors-d'œuvre have been "hotted up." For instance, if sardines are included amongst the hors-d'œuvre, do not have sardines on toast as a savoury.

Some suggestions for savouries :

Anchovy Eggs.—Melt about 1 oz. of butter, stir in $\frac{1}{2}$ teaspoonful of dry mustard, 2 tablespoonfuls of tomato ketchup and 2 tablespoonfuls of any other good quality savoury sauce. Simmer this mixture for a few minutes.

Have ready some hard-boiled eggs cut in quarters, and season with salt and cayenne pepper.

Warm the eggs in the sauce you have prepared, dish them up on small squares of toast spread with anchovy paste, and pour over them the remaining sauce.

Cheese Straws.—*Ingredients*— $2\frac{1}{2}$ tablespoonfuls of flour, 2 oz. of butter, 2 oz. of grated Parmesan cheese, 1 oz. of grated Cheddar or Cheshire cheese, a pinch of salt, a dash of cayenne, yolk of an egg, a very little cold water. Mix dry ingredients, rub in butter, add yolk of egg and cold water and stir into a *stiff* paste. Add water very gradually, to be sure mixture shall be of required consistency (see PASTES AND PASTRY). Roll out thinly, cut into narrow strips from 3 to 4 inches long. Form a small piece of the paste into rings to serve as "binders" for about half a dozen of the cheese straws, and bake straws and rings in a moderate oven for 20-30 minutes, till crisp.

Serve hot, filling each ring with straws.

Croûtons aux Foies de Volaille.—Lightly fry chicken livers in butter—take care not to overcook them or they will be hard. Season them with cayenne, and serve piping hot on rondelles of fried bread or buttered toast.

Mushrooms on Toast.—Fry mushrooms in butter, seasoning them well with salt and pepper. Serve on buttered toast.

Roes on Toast.—Choose soft herring roes. Fry them in butter, tossing them constantly so that outside does not get dry and shrivelled in course of cooking, as would happen if roes were left stationary in pan and merely turned.

Serve on buttered toast and season with lemon juice and cayenne pepper.

SAVOYS.

Recipes for Cooking,

see VEGETABLES, TO COOK.

SCALDING POINT FOR MILK.

150° Fahrenheit.

SCALLOPS.

This fish inhabits an oyster-like shell. Opened or unopened it is easily recognisable, for the shell is fine in texture and delicately coloured, whilst the contents resemble a large oyster in form, but the flesh is firmer and a portion of it is vivid red in colour.

Detach scallop from shell, trim away the black parts and wash remainder in several waters so that fish shall not be gritty. Chop scallop fine, add a little chopped parsley and chives, season with pepper; put mixture into the deeper of the shells—which should previously have been well washed—and cover lightly with breadcrumbs. Dot over with butter and bake in ■

SCALLOPS—*Continued.*

moderate oven until nicely browned. Serve in shell. Allow one scallop per person.

The name scallop is often used for a *réchauffé* of any fish cooked and served in a scallop shell. These pretty shells afford a capital opportunity of serving yesterday's cold fish in a form that is attractive both in appearance and taste. Remove bones from any variety of cold fish, flake fish and mix with chopped herbs and, if you like, a few bread-crumbs. Moisten mixture with a little milk or any remains of yesterday's sauce, fill into shells, dust over with breadcrumbs, dot over with butter and bake in a moderate oven.

Remains of cold boiled macaroni, with a little grated cheese and some savoury sauce may also be transformed into pleasing fare by being baked in similar fashion in scallop shells.

SCRATCHES.

Bathe with an antiseptic (see **ANTISEPTICS**), and paint over lightly with tincture of iodine or newskin.

SEAKALE.

Recipes for Cooking,
see **VEGETABLES, TO COOK.**

SERVANT PROBLEM, THE.

We are in the thick of a revolution in domestic service; it was bound to come, but there was just a possibility under pre-war conditions that education would gradually have effected changes for the better in service and servants in such a way as to bring about the revolution without creating ill-feeling between mistress and maids. As it is, war-conditions of labour and post-war forces that are influencing reconstruction have changed the outlook of the labouring

classes, and so brought about a dearth of servants at a time when mistresses are thoroughly tired in mind and body through the long-continued, loyal, practical efforts they have been making to cope with rationing difficulties and to do household work, to which they were unaccustomed, so as to free female labour for munition factories. The result is chaos, and is likely to remain so whilst mistresses and maids cling to the new doctrine that each is the other's natural enemy.

Since mistresses are usually better educated than maids, it is they who should take the lead in trying to arrange new terms of service that shall be satisfactory to both parties.

How to get Servants.—Good and bad, trained and untrained, they are all asking nowadays the same high rate of wages. You must pay and take your chance, just as if you were paying for a dip in a lucky-bag. The system is unfair, absurd, but if you draw a blank, be a sport and take another chance. What is the use of cursing the whole lucky-bag and telling all your friends it's a swindle unless you are prepared to do all the cooking, sweeping, dusting and mending in your own house? And if you cannot afford to pay the price, it is better to smile than to cry—weeping and gnashing of teeth will not help you to wash the saucepans. Efforts are already being made to increase the numbers of trained servants by the establishment of depots that combine the business of a training centre and registry office; as more and more trained servants become available, the wages of the untrained ones will naturally find their level. This possibility is no help to you now, you say. But why not try to make it so by offering to make your house

a branch of such a training centre? If one of these Centres would find you an untrained girl who would come to you for the wages you can afford, could you and would you undertake to train her so that she could pass periodical tests at the Centre, and would you in due course pay her higher wages for the skilled work that would give you more leisure and less responsibility, or would you, without feeling a martyr, help her to find the situation for which she had qualified, and yourself start again with an untrained girl?

When good luck brings you even the chance of a servant through any ordinary or extraordinary source of supply, do not straightway ruin that chance by approaching the candidate with your mind full of all the conventional ideas of a mistress's rights. By all means let her understand that you intend to be mistress in your own house, but make it equally clear to her that you realise she is a human being and are prepared to treat her as such from a new point of view as regards food and freedom.

If the foregoing hints do not help you to get a servant for your own particular household, please remember that the editors of this book are only human. If they had not experienced their share of suffering from the servant problem, they would not have gained the practical experience on which this book is based, and if they had not solved the problem satisfactorily for their own households and for various friends and acquaintances, they would still be busy polishing up the handle of their own front door or cooking dinner for a stranded pal, instead of having the leisure to write about it.

Remember, too, to make your

house as attractive as you can to domestic servants through the medium of labour-saving appliances, such as central heating and a service lift.

How to Keep Servants.—The great grievance against domestic service is not that the work is too hard, but that the hours are too long. It is a justifiable grievance.

It has been customary for servants to be on duty from 6.30 or 7 o'clock in the morning until half-past nine or ten at night, except for one night a week, alternate Sundays, and a day a month. That is to say daily, with a few more or less recognised concessions, they have been liable to be called upon to do something throughout a period of about 14 to 15 hours. Not that they have been always at work during that time—granted they may have dawdled over meals, spent half their time gossiping, wasted time by doing work badly and making work by inefficiency; still, for 14 or 15 hours daily they have been on duty, expected to be ready to answer any bell that might ring, willing to perform any service that might come within their particular range of duties.

In order that a house may be run comfortably and conveniently for all members of a family, it is usually essential that service should be available from early morning until fairly late in the evening. The essential need for service in a household throughout a long succession of hours is as important to remember as is the essential need to secure for servants some leisure time during each day. The difficulty of bringing these two essentials into harmonious conjunction is not so great in practice as it appears in theory. For instance, in numerous households it is quite

SERVANT PROBLEM—*Continued* exceptional to ring for a servant to do anything after dinner has been cleared away in the evening; but it is not an understood thing that no call will be made on a servant after this time. Servants would benefit considerably, and the family be put to little or no inconvenience, if a definite arrangement were made whereby all servants could consider themselves off duty for answering bells after 8.30 in the evening. Should they be specially required after this hour for special service, such as waiting on guests, naturally they would be expected to study your convenience, and equally you would have to acknowledge such extra service by an extra concession of leisure another day. Arrangements for time off every day, during the day, can quite well be made without the whole household being upset. In the case of two or more servants, they can, with a little organising help from the mistress and an occasional helping-hand from one of the family, arrange between themselves to get the work done so that each has a couple of hours leisure for writing letters, sewing, going for a walk, or otherwise following her own bent.

Give your servants the newspaper to read before the news it contains is stale, and keep them supplied with picture papers and magazines, and with books that are not above their heads; encourage them to pursue any hobbies that give leisure some other meaning for them than every evening out.

Feed your servants well. This does not mean that you should provide them with mayonnaise of lobster and charlotte russe every time you have such delicacies in the dining-room, but that they need

something more substantial than bread and margarine for breakfast, and that they, as well as you, sometimes like to have something tasty according to what tastiness means to individual tastes.

Naturally there are some servants whom you will not make any effort to keep; there is one thing worse than having no servant at all, and that is to have a bad one.

See also **IDEAL HOUSE**; **LABOUR-SAVING APPLIANCES**; and **LEGAL**.

SEWING-MACHINES.

Sewing-machines have now come to be regarded as a household necessity. The initial cost of them is so small, they occupy so little space, and the cost of keeping them in working order is so negligible that they pay for themselves over and over again, even if they are only used on rare occasions. They are as indispensable in a small establishment, where only a minimum amount of sewing is done at home, as they are in a big one, where mother, nurse, or sewing-maid makes most of the under-wear and some of the dresses for all members of the family.

It would be superfluous to point out the advantages of a sewing-machine to an expert needle-woman; experience has taught her to appreciate its inestimable worth as a time-saver and labour-saver, and over and over again she has discovered for herself that machine-sewing is better than hand-sewing for this job and that. It may, however, be useful to indicate the uses of a sewing-machine to the woman who has little time or aptitude for needle-work.

The less time you have for sewing the greater is your need for a time-saving invention to help you. With

the assistance of a sewing-machine you can often get through as much work in five minutes as would keep your fingers busy with a needle for an hour or more—for instance, run up the side seams of a night-gown, turn a worn sheet sides to middle, or run a tuck in a petticoat.

Again, if you are not much of a hand at needle-work, all the more reason you should have a sewing-machine to help you get creditably through a number of small jobs that might otherwise remain undone—repair the frayed cuffs of your boy's shirts, hem ends of a bath towel when fringe has become ragged, or turn a worn table-cloth to good account by making the best parts of it into serviettes.

There are two main varieties of sewing-machines, the one worked by hand and the other by foot. The former is the more popular for general household use. The treadle pattern certainly offers the advantage of leaving both hands free to guide and arrange material; but as, after a very little practice, one hand is found to be quite sufficient for the general work of direction, the hand-power machine is usually the greater favourite, owing to its compactness and portability.

There are two distinct systems of machine-stitching—chain stitch and lock stitch. Those working on the old chain-stitch system have now come to be regarded as toys; the work they did had the advantage of being easily unpicked, but it had the great disadvantage of coming undone under the slightest provocation. The more modern lock-stitch machines, with all the latest improvements, are even simpler to manage than the simplest of their chain-stitch ancestors, and they are

not only unrivalled as plain needle-workers, but, with the assistance of easily adjusted attachments, they perform almost automatically numerous feats of complicated work, such as braiding, quilting, ruffling, tucking and shirring.

SHEETS, TO RENOVATE.

As wear on sheets is heaviest in the middle, it often happens that this part becomes threadbare whilst rest remains sound. In such circumstances you can renovate a sheet for further service either on a bed of similar size to that for which it was made or on a smaller bed, according to width of worn part.

If sheet is only getting thin in the centre, not actually threadbare or in holes, slit sheet down centre, turn sides to middle, and join by seaming. Hem sides. By this means the worn parts will be subject to less wear, as they now form the portions that will be tucked in, whereas the less worn portions which have hitherto played that part will now come into active service.

If sheet is so worn in middle that a portion has to be removed, cut away a strip of the necessary width, then proceed in accordance with foregoing instructions, and utilise sheet for a smaller bed.

SHOES,

see **BOOTS.**

SHOPPING.

Household. — Choose butcher, fishmonger, grocer and greengrocer according to following considerations: Convenience of situation if you are going to visit shops at frequent intervals for giving orders, telephone facilities if your house is

SHOPPING—*Continued.*

remote from a shopping centre, a specially-trained staff to deal with orders by post if circumstances make it best for you to do the bulk of your shopping by this method. Reliable delivery. Best quality goods at fair prices. Courteous attention to courteously given orders.

Choose baker and milkman who can call daily, delivering respectively bread made under hygienic conditions and fresh, pure, clean milk.

Keep to the same tradesmen so long as they treat you fairly and considerately; and if you have any complaints to make, do not get excited or threaten to withdraw your custom—remember that just as some shops may not be worth dealing at because you have to pay dearly in suffering annoyances for reduction of prices, so some people's custom is not worth having by self-respecting tradesmen who have an equal respect for their employees.

Pay cash and so be free to deal elsewhere at times when you spot bargains, or to give your regular orders to another tradesman should circumstances arise to make such a change desirable.

If weekly accounts are more convenient, as is often the case with baker, milkman and butcher, keep a check on them. Whoever takes in milk or bread should mark down immediately upon receipt of daily supplies, and in presence of tradesman's representative, quantity or amount delivered; a special book or books should be kept for this purpose, so that you can compare such notes with items entered by tradesmen in the weekly accounts they send you.

With all goods delivered by butcher or fishmonger there should

be a ticket on which weight and price are clearly stated; keep these tickets and compare weekly account with them.

As regards choice of foodstuffs, you will find various hints given herein under class names such as FISH, MEAT, POULTRY, etc.

Under war conditions we have been obliged to shop hand-to-mouth fashion, but, as circumstances permit, break yourself of the habit as soon as possible, for it consumes more in the way of time and energy than it saves in the way of money. Perishable goods, such as meat, fruit and vegetables, must, of course, be bought fresh as near as possible to the time when they are required for use; but not more than once a week should you have to see about laying in supplies of groceries, cleaning materials and the like. Life becomes a burden if you can never go out for a walk without having to think about bringing home a tin of mustard or a bar of soap.

The wise mother accustoms her daughters to household shopping, so that when they have their own establishment they are already equipped with a good working basis of knowledge for provisioning a house. If you have not had the benefit of such a training, one of your principal difficulties at the outset of running your own home will be that of estimating how much to order at one time of this, that and the other, according to the size of your family. It is impossible to lay down any general rules, because appetites vary with age, individuality and the weather, and houses may be furnished and equipped in an infinite variety of ways that affect the demand for cleaning materials; but after a little experience you will find it quite

easy to affix amounts and quantities to items on your order lists. Of unperishable goods, do not limit orders to supplies for one week only, particularly if you live in the country; keep your private store-cupboard well stocked, so that it is always ready to furnish necessities and a few luxuries in case of an emergency. Keep surplus supplies of food fresh by drawing on the store-cupboard for weekly supplies and replacing withdrawals by fresh purchases.

See also **EMERGENCY MEALS**; and **TINNED FOODSTUFFS**.

Clothing.—According to your purse, keep your wardrobe supplied with seasonable clothes suitable for the life you lead.

Do not wait until you are going out to buy what you want for the occasion; that way you pay double what you would do if you had prepared in time, and the chances are that you will not get exactly what you do want.

Spring and autumn are good times for anticipating your needs and purchasing accordingly.

Shoes and boots, stockings and gloves should have the first call on your allowance, for unless they are good you can never look well dressed. Shoes and boots improve by being kept a bit before wearing.

See also **DRESSMAKING**; **MILLINERY**; and **SALES**.

SHRIMPS.

Shrimps are usually sold ready-boiled for eating. If of good size they are nice for serving as a hors-d'œuvre.

Shrimps are also used in the preparation of many a good hot dish, and are an ingredient of various savoury sauces. For such

purposes they can be obtained ready-peeled from any good fish-monger. Try them in an omelet; or mix them with some white sauce, and serve on toast or use as filling for patties.

SILVER.

Care of.—Wash silver separately; it is better to keep a bowl specially for the purpose, but failing this, let it have first place in the washing-up bowl before any crockery is put in.

Prepare a lather of warm water and soap, and only put in a few articles at a time to guard against scratching. Rinse in hot water, wipe thoroughly dry and polish with a soft duster or chamois leather.

Clean all silver once a week with plate powder. Moisten powder with water and apply with a soft cloth to plain patterns, or with a plate brush to embossed or chased patterns. Allow time for applied powder to dry, then brush off with a second soft cloth or plate brush, and finish by rubbing with a chamois leather or special make of plate cloth to give a good polish.

To remove obstinate stains, moisten plate powder with a few drops of ammonia or methylated spirit.

See also **HOUSE, EQUIPMENT OF**; **PACKING**; and **WASHING-UP**.

SKATE.

Sometimes sold in its natural state, but more frequently crimped—crimping is a mode of treatment used to bring about a contraction of the muscles and thereby increase firmness. Skate is usually plain boiled and served with Black Butter. For method of boiling, see **FISH**. To make the Black Butter, see **SAUCES**.

SOAP JELLY.

Shred finely $\frac{1}{4}$ lb. of white soap into a saucepan containing about $1\frac{1}{2}$ pints of water. Stand to side of fire and leave to simmer until clear, stirring from time to time. Turn into a bowl or pot—an empty jam jar will serve—and leave to cool. When cold, the mixture will be a stiff jelly. Keep covered to protect from dust. Stir a little of this jelly into warm water, beat with the hand, and use for washing any articles, such as gloves and flannels, on which soap should not be rubbed direct.

Odd pieces of soap should be saved for making the jelly.

SOCKS AND STOCKINGS.

To Mend.—Use wool, cotton, silk, mercerised or lisle thread according to material in which hose are made. The colour of the darning thread should be a good match, and the texture, as a rule, similar to that of hose; but for strengthening weak places, as distinct from mending hose, it is better to have thread somewhat thinner than that of sock or stocking.

When buying coloured hose it is always advisable to lay in at the same time a stock of mending material to match.

There is a difference of opinion as to whether darning should be done on the right or wrong side; darning on the inside looks neater from without, but is liable to cause discomfort to people with a tender skin.

When darning with wool, leave a loop at each turn to allow for possibilities of new wool shrinking.

A darn should not only neatly fill a gap, but be carried far enough on all sides to strengthen weak spots round the seat of trouble.

A stocking-darner, in the form of a wooden, china or ivory egg,

facilitates for the novice the work of mending holes in heels and toes, but for other damaged parts the left hand of the darner is the best frame as being least likely to encourage a bulgy mend.

To Wash.—As a general rule, socks and stockings should not be boiled; an exception may be made, if necessary, with white cotton hose.

All coloured stockings should be washed apart from white ones, and each pair separately, especially when new, if not guaranteed of fast dye or unless the guarantee is supported by a reliable maker's name. A little salt in the water often proves efficacious in preventing colour from running.

Use good washing soap free from soda. Do not rub it on the hose.

Make a thick lather with soap and warm water, using for preference flaked soap or soap jelly (see WASHING). Put in stockings and proceed to wash each one separately both on the outside and the inside, paying special attention to the heels and the toes. Rinse in two lots of tepid water and hang inside out to dry.

Silk stockings need slightly different treatment; on no account must they be rubbed or wrung. Move them about in the lather and squeeze them. Rinse first in tepid, then in cold water, and after squeezing out the rinsing water roll them up separately in a dry cloth. Press them, shortly after washing, with a warm iron, which should be kept from direct contact with stockings by the intervention of a piece of muslin.

SOLES.

Seasonable all the year round. Usually boiled or fried—for details of these methods, see FISH. This is a fish of delicate taste, and

when plain boiled or fried may be given to an invalid. Further, it is so highly esteemed that it frequently figures on the most elaborate of menus, and when filling such a festive rôle, it is often cooked in wine.

Soles Normandes.—Melt 2 oz. of butter in a fireproof dish long enough to take full length of two good-sized soles. Now lay ready-cleaned soles in dish and add a tumblerful of good white wine, a dozen shelled mussels and a dozen or so button mushrooms. Season with salt and pepper, and cook in a moderate oven for about 20 minutes. Drain off liquor and proceed to make the following sauce: Melt a small bit of butter in a saucepan, stir in 2 tablespoonfuls of flour, and when the mixture has assumed a nice brown tinge add a tumblerful of liquor in which sole has been cooking; stir with a wooden spoon until mixture boils, then stand aside to cool a bit, after which stir in the well-beaten yolks of two eggs.

Pour this sauce over contents of fireproof dish, and sprinkle over a few peeled shrimps. Return dish to a hot oven and cook for about a quarter of an hour until surface is a nice golden brown.

SORREL.

To Pulp,

see PRESERVING VEGETABLES.

Recipes for Cooking,

see VEGETABLES, TO COOK.

SOUFFLÉS.

Soufflés are a *recherché* class of pudding. They are dainty rather than substantial, and are thus more suitable to serve at a meal which has included one or two satisfying courses than as a sequel to a menu of made-up dishes.

Except when eggs are very cheap, soufflés are a somewhat expensive form of sweet.

General principle of making soufflés:

Slightly thicken milk by the help of flour, rice or ground rice, and add sugar and flavouring.

Stand mixture aside to cool.

Add yolks of eggs, then the whites previously beaten to a stiff froth.

Turn mixture into a buttered mould and bake in a hot oven. Mould should only be half filled to allow for soufflé rising.

Serve soufflé straight from oven to table, taking care not to expose it *en route* to a draught.

RECIPES.

Chocolate Soufflé.—Put one or two bars of chocolate in a saucepan, add a few drops of water and stand to side of fire; stir well until chocolate has assumed the form of a thick cream. Gradually stir in half pint of milk and sugar to taste.

Mix three level tablespoonfuls of flour to a smooth paste with a little cold milk, gradually pour over and stir in chocolate mixture, and return to saucepan to boil and thicken, stirring all the time.

Stand the thickened chocolate mixture aside to cool. When it is practically cold, stir in the yolks of 3 eggs, then the well-beaten whites. Turn into a well-buttered mould, which should only be half filled, and bake in a hot oven. Directly soufflé has risen, dredge with sugar and serve without delay.

If liked, chocolate can be flavoured with vanilla. A vanilla pod can be simmered in milk before latter is added to chocolate, or a few drops of vanilla essence added to chocolate when it is put aside to cool previous to stirring in eggs.

SOUFFLÉS—*Continued.*

Rice Soufflé.—Boil a pint of milk, sweeten to taste, sprinkle in 1 tablespoonful of rice and continue boiling until rice is tender. Stand aside to cool.

Add and stir in the yolks of three eggs, then the whites previously beaten to a stiff froth. Put into a buttered mould or pie-dish, only half filling receptacle so as to allow for soufflé rising. Bake in a hot oven for 20 to 30 minutes. Directly soufflé has risen, dredge with sugar and serve without delay.

If liked, flavour with vanilla, lemon or almond. Add flavouring essence to milky rice when it is put aside to cool previous to stirring in eggs.

Vanilla Soufflé.—Proceed as for Chocolate Soufflé, but use vanilla flavouring and omit chocolate.

Boil half pint of milk; sweeten. Meanwhile mix three level tablespoonfuls of flour to a smooth paste with a little cold milk. Gradually pour boiling milk on to paste and stir well. Return mixture to saucepan, boil up to thicken, and stir all the time to prevent formation of lumps. Flavour with vanilla essence and stand aside to cool.

Stir in yolks of eggs, etc., and proceed in accordance with previous directions under Chocolate and Rice Soufflés.

SOUPS.

Their variety is infinite, their name legion, yet there are but three classes of them, and the method of producing each class is simplicity itself.

The names of the three classes are:

CLEAR BROTHS.

THICK SOUPS.

PURÉES.

BROTH is the liquor in which bones, fresh meat, poultry, game or fresh vegetables have been boiled. Its quality varies with:

- (a) Nature of principal ingredient, such as a chicken, a rabbit, a joint of brisket of beef, or a selection of vegetables only.
- (b) The amount of water in which cooking is effected.
- (c) Method and Time of Cooking.

For instance as regards (a), a chicken, generally speaking, provides a more luxurious broth than a rabbit; (b) the greater the quantity of water, the weaker the broth—as a working basis, allow from 1 to 2 pints of water for each pound of meat and bone according to whether broth is required to be particularly strong for an invalid, of good strength for a *recherché* soup, or of moderate strength for everyday meals; (c) meat, etc., if cut up small, put into *cold* water and cooked very slowly for several hours gives a stronger broth than if it is put in one piece into *boiling* water and simmered until broth-giving ingredient is cooked. But, whereas the former method provides broth only, the latter is a compromise which provides two courses, broth and boiled meat suitable for serving at table.

Before being sent to table, all broth should have fat skimmed off. Broths are usually served as clear soups; they are clarified by straining through a fine sieve or a piece of muslin.

THICK SOUPS have a basis of *Stock*. Such stock may consist of:

- (a) Broth, made as above directed; or,
- (b) Any nourishing liquor made from remnants of cooked meat or from bits and pieces of uncooked foodstuffs, which, by reason of texture or appearance,

are not suitable for direct consumption — as for instance, gristle of meat, or outside portions of a head of celery; or

(c) Liquor containing nourishment extracted during the ordinary process of preparing boiled courses for table use, *i.e.* water in which rice, fish or beans, etc., have been boiled.

Either at time of making stock or preparing a thick soup from it vegetables are usually included to give body and flavouring; indeed, stock, body and flavouring may all be supplied by vegetables only.

To Thicken (see SAUCES, under *Liaisons*). Cold mashed potatoes or hot boiled potatoes rubbed through a sieve are a simple and effective thickening medium. As an alternative, boil in the soup some pieces of bread.

PURÉES are thick soups with a broth or stock basis, but it is simpler to think of them as a separate class because one essential treatment in the process of their preparation is common to them only. They are all thickened by rubbing through a sieve some main ingredient which is boiled in them, and which gives them their distinctive names. Thus a purée of green peas is a stock in which sufficient green peas have been boiled to thicken it and give it an outstanding flavour when they have subsequently been passed through a sieve.

TO COLOUR SOUPS.—The principal colourings added to soups are *browning*, sold by all grocers; and *green*, in the form of spinach juice or of a ready-made preparation sold by grocers, for touching up the appearance of green pea or green lentil purée. See also COLOURINGS, CULINARY.

TO FLAVOUR AND SEASON SOUPS.—With rare exceptions vegetables,

salt and pepper are added as ingredients for all soups; the principal cases of omission are in the preparation of pure extracts of meat, such as beef-tea and chicken broth for invalids, when vegetables are omitted, and in the preparation of broth or stock from salt meat when, instead of adding salt, you may even have to soak the meat for a few hours before cooking to avoid risk of soup being so akin to brine that it is uneatable. Practically any vegetables, with the exception of leaves of the cabbage tribe, are suitable. Turnips, however, should be used sparingly, as the flavour is so strong that anything more than a little of it is apt to become overpowering. Cabbage, though excellent as a main ingredient for Soupe aux Choux, is not a pleasant flavouring ingredient.

Choice can also be made from herbs such as parsley, thyme, bay leaves, chives, tarragon and chervil (see BOUQUET); also from spices such as cloves, nutmeg, cinnamon, allspice and mace.

Among flavourings suitable for special soups are wines, lemon juice, grated lemon rind, and a soupçon of sugar.

Two ingredients which enrich quality as well as impart flavour are cream and milk.

RECIPES.

CLEAR BROTHS AND CLEAR SOUPS.

NOTE — *There are three qualities: Bouillon, good; Consommé, better; Extract, best.*

Keep lid on stew-pan during cooking of stock and soup.

In estimating quantities, allow half pint of water and rather less of stock per person.

Beef Tea.—A pure extract of beef suitable for invalids. *In-*

SOUPS—*Continued.*

Ingredients: 1 lb. of lean gravy beef such as shin, 1 pint of cold water, salt.

Remove all fat and skin, cut meat into small pieces and put it into an earthenware jar, add the water, season with salt, and put lid on jar. Place jar in a saucepan of boiling water, or in slow oven, and cook for about three hours, stirring occasionally and skimming off all grease. Strain.

Bouillon Clair.—Use the broth from Pot au Feu (see BEEF). Serve in cups or plates. If liked, put in a few pieces of bread just previous to serving, and garnish with a little chopped parsley.

Chicken Broth may be a strong, pure extract suitable for invalid food, a rich broth for serving as "bouillon clair," or the liquor from a fowl boiled for table.

For *Invalid Chicken Broth*, divide fowl into small pieces, break bones, and put into a fireproof earthenware jar. Season with salt and add 1½ to 2 pints of water. Put lid on jar. Stand in a saucepan of boiling water or in a slow oven and cook gently for at least 5 hours. Remove all fat, and strain.

For *Bouillon de Volaille.*—*Ingredients*—1 chicken, 3 to 4 pints of cold water, 1 small onion, chopped parsley, bouquet garni, salt and pepper.

Cut chicken into small pieces, break bones, wash neck and liver, scald and skin feet and gizzard. Put prepared chicken into stew-pan, add peeled onion cut in quarters, bouquet garni, salt and pepper, and cook slowly for about three hours. Skim and strain. Just previous to serving add chopped parsley.

This bouillon can be transformed into a variety of clear soups by the aid of simple ingredients. For instance, chop up the liver of the fowl,

or liver and gizzard, and add to bouillon just previous to serving; or, after straining, return bouillon to stew-pan, bring to boil, add about a tablespoonful of raw rice, sago, tapioca or pâtes d'Italie, and continue boiling for about 20 minutes until cereal is cooked.

Liquor in which a chicken has been boiled whole for table makes a good broth to serve as a household bouillon, alone, with vegetables or with additions of rice, etc., as suggested in Bouillon de Volaille (see CHICKENS, under recipe for *Poule au Pot*). It is also an excellent stock basis for a variety of thick soups. And being light in colour it is specially suitable for white varieties of soups, such as Artichoke Soup and Potato Soup.

Consommé Clair.—Rich broth from fresh beef cut up and cooked in cold water for the express purpose of providing this excellent soup. Allow about 1½ pints of water to each pound of meat and bone. Serve in cups.

Croûte au Pot.—*Ingredients*—Any stock as basis, such as remains of Consommé or Bouillon de Volaille, to which water may be added to make up desired quantity; or stock made from remnants of cooked meat, etc. A few vegetables, such as carrots, leeks, outside bits of celery and a turnip.

Cut vegetables into squares, put them into stock and simmer till tender. Just previous to serving add a few baked oddments of bread.

Julienne.—Proceed as for Croûte au Pot, but cut vegetables into fine strips, and omit bread.

Leek Soup.—Use as a basis any stock you have available. Bring stock to the boil, add some finely-shredded leeks and cook till these are tender.

Ox-tail Soup.—Liquor in which an ox-tail has been boiled or stewed. Can be served plain, or used as a stock base for Thick Ox-Tail Soup. A glass of sherry, stirred in just before serving, greatly improves the flavour.

Rabbit Broth.—Liquor in which a rabbit has been boiled or stewed.

Rice Soup.—Use any stock you have available, or make some by boiling a sheep's head or a few bones, or simply by long slow cooking in cold water of some mixed vegetables. Flavour and season to taste. Put some rice into boiling stock and cook till tender, or instead of rice use vermicelli, macaroni, sago or pâtes d'Italie. If the soup is to be served in the nursery, let the pâtes d'Italie be in alphabet form.

Soupe aux Choux.—*Ingredients*—2 to 3 pints of clarified stock, 1 medium-sized cabbage, 2 oz. of butter, thin slices of bread.

Any moderately good household stock, made from remnants of cooked meat, bacon rind, cooked bones, etc., is a suitable basis for this soup. Bring stock to boil, and, if not already sufficiently seasoned, add salt. Meanwhile, put cabbage, previously cut in quarters and well washed, into boiling salted water, and after water has again come to boil let cabbage cook for 2 or 3 minutes, then strain. Transfer cabbage to the boiling stock, and when stock has again come to the boil after this addition, stand pan to side of fire to allow contents to simmer gently. Continue cooking for 1½ hours. Stir in butter just previous to serving; also put in soup-tureen, just previous to turning in the soup, a few thin slices of bread. If you have no stock in the house, you can make a more everyday variety of this soup by boiling the cabbage in

water, or, preferably, in milk and water; but the cabbage must have been previously boiled for two or three minutes and strained, during which preliminary it loses its strong odour and is prepared to give a more delicate taste to the soup than it would do if put in when quite raw.

THICK SOUPS.

Barley Cream.—*Ingredients*—¼ lb. of pearl barley, 2 oz. of butter, 1 tablespoonful of flour, 2 to 3 pints of good bouillon or milk. Wash pearl barley in several waters, or in a strainer under a running tap.

Melt butter in stew-pan, stir in flour, add about 3 pints of warm water, and when the water begins to turn white on the surface put in the pearl barley. Simmer gently for about 3 hours, adding a little warm water from time to time as that already in stew-pan becomes absorbed by barley.

When barley is quite tender rub it through a fine sieve and return to stew-pan.

Now add bouillon or milk in sufficient quantity to reduce barley to consistency of cream, stand stew-pan over fire again, bring barley cream to boil, and continue boiling for about 10 minutes.

Draw stew-pan to side of stove, add the yolk of an egg, beaten up with a little cold bouillon, stir for a minute or two until liaison is effected, then turn into soup tureen.

Serve cubes of fried bread with this soup.

Barley and Bean Soup.—*Ingredients*—1 oz. of pearl barley, ¼ lb. of butter beans or white haricots, 4 pints of water, 2 oz. butter or dripping, salt and pepper.

Soak beans over-night, wash barley as for barley cream (*see preceding recipe*).

SOUPS—*Continued.*

Put barley and beans into stew-pan, add water, season with salt and pepper, bring to the boil, then stand aside to simmer gently for at least 3 hours. A few minutes before serving add butter or dripping.

A substantial soup, particularly suitable for a cold winter's day.

Bisque d'Ecrevisses.—This is a particularly *recherché*, but also a very expensive soup. Although most of the recipes given are for soups that can be made simply and cheaply, it is thought that you will appreciate a recipe for a soup to serve on a very festive occasion.

Ingredients (sufficient for eight people).—Twenty small crayfish, 1 onion, 1 carrot, parsley, thyme, $\frac{1}{2}$ lb. of crust of bread, $\frac{1}{2}$ glass of madeira or white wine, $\frac{1}{4}$ lb. butter, salt, pepper, about 3 pints of good fish stock (liquor in which some white fish has been boiled). If crayfish are not bought ready-cooked, you must boil them as a preliminary to making the Bisque: to about 2 pints of water add an onion and a carrot cut in rounds, salt, pepper, a sprig of parsley, a sprig of thyme and a bay leaf or two. When water boils fast, put in the crayfish, from each of which gut has been removed, and boil for a quarter of an hour.

Shell the fish and put the flesh of tails on one side. Pound head and claws, including their shells, to a paste, using a pestle and mortar. Put this paste in stew-pan, add a tumblerful of the liquor in which crayfish were boiled, cook for a few minutes then pass through a sieve.

Return strained mixture to stew-pan, add crust of bread, fish stock and wine, season with salt and pepper (liberal allowance of pepper). Bring to boil, then stand aside to simmer

gently for three-quarters of an hour. Once more pass through a sieve, this time of very fine mesh.

Again return mixture to stew-pan and re-heat, stirring frequently meanwhile with a wooden spoon. Just before serving, add flesh of the tails, and butter; directly butter is melted serve the Bisque.

This already delicious soup can be further enriched by stirring in about a quarter pint of cream when mixture is stood on stove for last time of re-heating.

Mixed Vegetable Soup.—*Ingredients*—Mixed vegetables according to season and taste; one or two apples, salt and pepper; water.

Wash and prepare vegetables as for boiling. Cut all into shapely pieces—carrots and turnips into dice, for instance, leeks into rings. Peel and core apple, and cut into quarters. Put prepared vegetables and apple into stew-pan, cover with water, season with pepper and salt, bring to boil, then stand aside to simmer gently for at least 4 hours. Do not stir, but occasionally give a gentle shake; by this treatment shapeliness of pieces is maintained.

The excellence of the "broth" part of this soup is a convincing proof of how much nourishment is wasted by the common practice of throwing away water in which vegetables are boiled.

Serve liquor and vegetables together quite simply; or stir in a little bit of butter or good dripping a few minutes before serving; or rub vegetables through a sieve into the liquor in which they were boiled, and serve as a purée; or strain off liquor and use it as a stock basis for other soups as mentioned in these recipes, and for variations thereof according to the power of your inventive genius.

If the vegetables are not to be served in the soup, there is no need to go to the trouble of cutting them up into *shapely* pieces.

Mulligatawny.—Any good stock can be used as a basis, but let us turn to account some vegetable stock made according to preceding recipe.

Strain off stock from vegetables; to it add some of the pieces of carrot and turnip already boiled, cutting them into strips, and also a boiled onion, which should be finely chopped.

Mix equal quantities of curry powder and flour to a smooth paste with cold water—allow 1 dessert-spoonful of curry powder and ditto of flour to each quart of stock. Mix prepared paste with stock, add some rice and boil up, for about half an hour, to cook rice and also to allow curry to amalgamate and lose its rough raw taste. A few minutes before serving add a little lemon juice. More flour should be used if a thicker soup is required, also a little more or less curry powder according to taste. Vary the amount of rice from a few grains to half a teacupful or more according to whether soup is to play the part of a tasty preliminary to a meal, or of a substantial course.

Mutton Broth.—Can be prepared as a clear broth by simply boiling some scrag end of neck of mutton in water and adding a few vegetables to flavour the liquor. The strength of the broth will vary, of course, according to amount of water used and other principles as explained in the introductory notes on BROTHS.

But mutton broth for household use is usually more akin to a thick soup. *Ingredients:* 3 lbs. of neck of mutton, about 4 pints of cold water, 1 carrots, 1 turnip, 1 onion, 2 or 3

outside bits of celery, 2 tablespoonfuls of pearl barley, salt and pepper, a little finely-chopped parsley.

Cut meat up small and remove all the fat. Wash the pearl barley in several waters or under a running tap. Put prepared meat into stew-pan and add water, pearl barley, vegetables cut up small, salt and pepper. Bring to boil, then stand aside to simmer gently for at least 3 hours. Now skim well and strain. Return skimmed and strained liquor to stew-pan. Carefully remove bone from meat and pick out any fragments of bone that may have become mixed up with the other solid ingredients; cut meat up into shapely little pieces and return it, together with vegetables and pearl barley, to stew-pan. Re-heat, and just before serving sprinkle in the chopped parsley.

Onion Soup.—There are numerous varieties, some white, some brown. Here are a few suggestions selected with a view to helping you to make this very wholesome and nourishing soup, and also to devise variations according to family requirements and to such remnants of food as happen to be waiting in your larder to be turned to good account.

Brown.—Melt about 2 oz. of butter in a stew-pan; when it is well hot, add a couple of big onions previously cut in thin slices. Fry onions until they are nicely brown; then add about 2 pints of water, or of any stock you may happen to have; season with salt and pepper, put on lid of stew-pan. Bring to boil, then stand aside to simmer gently for about an hour, or until onions are quite tender. Thicken with a little flour (see SAUCES, under *Liaisons*), and, if you like, stir in a little browning.

SOUPS—*Continued.*

To dish-up, turn this soup into a tureen in which you have previously placed some slices of bread and some grated Gruyère or Parmesan cheese. Put cover on tureen and leave soup for 2 or 3 minutes before serving. Pass round with this soup a dish of grated cheese.

White.—Proceed in much the same way as for Brown Onion Soup, but during preliminary cooking of onions in butter or fat do not let them take colour, and instead of water or stock, add milk or milk and water. Do not put any cheese in, or serve cheese with, onion soup made with milk.

You can, of course, use white stock instead of milk for white onion soup—*i.e.* liquor in which any white meat, such as veal, has been cooked.

Onion Soup à la Minute.—Slice an onion or two finely. Cover with water, season with pepper and salt, and simmer for 20 minutes. Just before serving, add a few bread-crumbs. This simply and quickly made soup is warming and comforting for anyone suffering from a cold.

PURÉES.

If the principal ingredient of a purée is a mealy vegetable, such as peas, beans, lentils or potatoes, no thickening ingredient is required; but it is generally advisable to give body to a purée of such vegetables as cauliflower, celery and sorrel by the addition of a little rice, ground rice, mashed potato, crumb of bread or other thickening ingredient.

The general principle of making a purée is to boil the vegetable which is to be the main ingredient, rub vegetable when quite tender through a sieve into the liquor in which it has been boiled, and re-heat before serving. The vege-

tables can be boiled in water or in stock, but in either case it is usual not to put them into the liquor until it is boiling; the principle underlying this method is the same as that for the general cooking of vegetables, whereby they are immersed in boiling liquor for various reasons, such as bursting starch cells and prevention of discoloration. For time-table guide to cooking vegetables, see VEGETABLES.

Artichoke Purée.—*Ingredients*—Jerusalem artichokes and milk in proportion of 1 lb. of former to each pint of latter—salt, pepper, a clove or two, a little nutmeg, sprig of parsley, small piece of butter, cornflour for thickening.

Boil artichokes, and when quite soft pass them through a sieve.

Meanwhile, add to milk a sprinkling of nutmeg, salt, pepper, cloves and parsley. Let milk simmer to absorb flavourings; strain.

Melt butter, stir in a spoonful or so of cornflour as thickening, add strained milk and, finally, the prepared artichoke. Simmer for a few minutes to re-heat and allow ingredients to amalgamate, but do not let mixture come to the boil.

Carrot Soup (Purée à la Crécy).—*Ingredients*—3 or 4 large carrots, 2 to 3 pints of stock, onion, small piece of turnip, 2 or 3 outside bits of celery, a little piece of butter or dripping, a tablespoonful of flour, salt and pepper.

Put carrots in stew-pan, add the other vegetables and the stock, season with salt and pepper. Cook till vegetables are quite tender—three-quarters of an hour or longer if carrots are old. Rub through a sieve, return to saucepan, and add flour or cornflour previously mixed to a smooth paste with cold water. Simmer for about 10 minutes to

re-heat, amalgamate and cook thickening ingredient, stirring meanwhile. Serve, in a separate dish, dice of fried or toasted bread with this soup.

The purée can be enriched by the addition of a little cream just previous to serving, or of a wine-glass of sherry.

Cauliflower Purée.—Boil cauliflower in water or stock. Pass through a sieve. Stir in a little ground rice previously mixed to a smooth paste with cold water, milk or stock. Re-heat, season and serve.

Haricot Bean Purée.—Any variety of haricot beans can be used, white or coloured. Dutch brown beans make a particularly good purée, with a delicious taste suggestive of chestnuts. Green flageolets are the base of a very dainty purée, and as they are seldom turned to this good account your friends will welcome this soup as a novelty.

Soak and boil haricots. Pass through a sieve, then reduce to desired consistency by addition of water or stock—stock from boiled ham or bacon is particularly suitable. Re-heat and season to taste.

Lentil Purée—Proceed as for Haricot Bean Purée.

Pea Purée.—Use dried peas, split or whole, and, after soaking them, boil them in water or stock together with an onion or two, a carrot, a strip or two of celery, salt, pepper. Pass through a sieve and return to stew-pan to re-heat. Just before serving sprinkle in a little finely-chopped fresh or dried mint.

Pass round with this soup dice of fried or toasted bread.

Potato Purée.—Boil potatoes in water. When they are cooked, pass them through a sieve and return to saucepan. Add water in

which they were boiled, and if necessary reduce consistency by adding more water. Put in also a little bit of butter or dripping and season with salt and pepper. Re-heat and turn into a tureen into which you have previously put some thin slices of plain bread or some dice of fried bread.

If liked, a little chopped parsley can be added to this purée just before serving. Also an onion or two can be boiled with the potatoes and passed through the sieve with them. A richer purée can be made by boiling the potatoes in stock instead of water, or by reducing consistency with milk instead of water.

Sorrel Purée.—*Ingredients*—Sorrel, about a handful for each person, stock, chopped chives and chervil, a few mashed potatoes as thickening, salt and pepper, small piece of butter.

Wash sorrel well and pick leaves clear of stalks. Melt in a stew-pan sufficient butter to prevent burning—a very little bit is necessary, as some water will be clinging to the washed sorrel leaves. When butter has melted, put sorrel leaves in stew-pan and let them “stew in their own juice” till they are quite tender. Pass through a sieve and return to stew-pan, stir in a little mashed potato and reduce to desired consistency by addition of stock—if you have no stock in the house, you can quickly and easily make some with a concentrated meat cube and water. Season with salt and pepper. Bring to the boil, then stand aside to simmer for about half an hour. Just before serving add chopped chives and chervil. Or,

Thicken with ground rice instead of potatoes. And for a richer purée add, a few minutes before serving,

SOUPS—*Continued.*

yolk of an egg or two, previously beaten, or yolks of eggs beaten up with cream. Tarragon can be included with chives and chervil, or substituted for one of those herbs.

Tomato Purée.—Use ripe tomatoes. Cut them up and put them in stew-pan with a sliced onion, a sprig of thyme and a bay leaf or two; add a very little water, just enough to prevent burning. Cook slowly for about half an hour. Pass through a sieve, return to stew-pan, reduce to desired consistency by addition of stock or water. Season with salt and pepper. Re-heat. Pass round with this soup dice of fried or toasted bread.

A few slices of carrot boiled with the tomatoes and passed through the sieve with them improves colour of purée. A little sugar added to the soup at time of seasoning is an improvement according to some people's taste. At re-heating stage, a little sago or tapioca may be sprinkled into purée, in which case cooking must be continued until such ingredients become transparent.

COLD SOUPS.—A strong consommé in the form of first quality beef or chicken broth is a popular course for a summer Sunday evening supper, and is also a much appreciated refreshment at a dance.

SOUP SQUARES.—There are numerous brands, and the quality varies considerably. It is worth paying a few pence extra for the best. Always keep an assortment in stock. Excellent soup can be made with them for a very small expenditure of time and trouble. Carefully follow the directions on the packets. Good soup squares are a boon to the housewife, as being able to help her

simply through an endless variety of emergency occasions.

EMERGENCY STOCK.—In a small household, where there are not many bits and pieces left over for making stock, or in any household where lack of domestic help would make the peeling of vegetables, etc., for stock an exacting demand on time, a simple variety of soup square, such as gravy, consommé or white vegetable, provides an excellent stock basis for many kinds of soup. As alternatives for quickly made stock you can use ready-made meat extract or vegetable extract, several brands of which can be obtained in bottles or cubes.

See also **GRAVIES**; **STOCK**; and **STOCK POT**.

SOUR MILK.

Never throw away sour milk; with very little trouble you can transform it into a delicious sweet.

Stand such milk in a warm place—on corner of stove or in the sun—until it further turns into form of a thick “junket.” Now drain well in butter muslin, and when the first liquid has run through, quickly imprison cream-like substance remaining in muslin by gathering up corners of latter and tying round with strong string. The string should have long ends finished off with a loop. Suspend this improvised bag on a nail, and under it put a basin to catch the drippings. Leave to drip for a few hours—over-night or from morning till near dinner time. Turn well-drained contents of muslin into a china bowl and beat to the consistency of thick Devonshire cream. Add one or two eggs, and sugar to taste. Beat again to mix ingredients. Serve in a china or glass bowl.

This cream is a very popular dish

both in France and in Belgium, where it is a common practice to leave milk to go sour expressly for the purpose of preparing it.

A quart of milk makes a good dish of this cream for four people. If you have only a small quantity of milk that has turned sour by accident, you can easily increase the quantity by adding fresh milk and leaving the mixture to curdle to desired consistency. The curdling can be expedited by exposure to heat or by the addition of a few drops of vinegar.

SPAGHETTI,

see MACARONI.

SPICES.

From time immemorial, numbers of vegetable products known as "spices" have been used for flavouring food and beverages. Like all other good things, spices may be bad for the health if used to excess, but many of them are not only good in that they make ordinary fare more palatable, but their use is specially recommended because they act as aids to digestion.

The principal spices used in cookery are:—

Allspice.	Mace.
Chillies.	Nutmegs.
Cinnamon.	Pepper.
Cloves.	Vanilla.
Ginger.	

See under individual names for principal uses of these spices, and other details.

SPINACH.

To Can, to Pulp,
see PRESERVING VEGETABLES.

Recipes for Cooking,
see VEGETABLES, TO COOK.

SPRATS.

May be fresh or dried. Dried

ones are often eaten without further cooking or, like fresh ones, they may be grilled or fried—either variety is more tasty when grilled; to safeguard them against risks of tumbling through bars of gridiron, fasten them in rows on skewers stuck through the heads. Heat gridiron well and grease bars previous to putting on sprats. Fresh sprats should be wiped thoroughly dry before you cook them.

SPRING CLEANING.

Spring cleaning is by no means the formidable affair it used to be in the days when antimacassars and suchlike dust-traps were considered indispensable for a well-furnished home. The good housewife of the past liked to boast of how much extra work and worry the annual turn-out involved; the good housewife of the present prefers to make light of the matter, as indicative of the fact that it is as customary for her house to be kept clean every day as it is for all members of the family to take a daily bath.

Extra Help.—Extra help will be needed if any of the ceilings are to be whitewashed, walls papered or distempered, and woodwork painted. First, there must be extra hands to do such work, and next there must be extra hands to clear up the mess. Workmen and charwomen are the usual resources. A more novel and quite practical expedient is a Spring Cleaning Party.

Select from among your friends one or two who know the difference between a distemper brush and a long broom, who know how to look distinctly funny or very smart in old clothes or an overall, and who are not afraid of putting their hands in

SPRING CLEANING—*Continued.* a bucket of water. Ask them to come and stay with you for a day or so, tell them frankly you want them to help distemper and paint the dining-room, and give them ample notice to make arrangements for the necessary leisure to lend you a hand.

Paper-hanging is a tricky job; and although the knack of white-washing a ceiling is soon acquired, the work demands skill in balancing your body on the summit of a step-ladder or on an elevated plank, and even if you are a good gymnast the necessity for continued looking up with your head in a horizontal position is likely to give you a dizzy headache if you are not accustomed to the attitude. Distemping and painting, on the other hand, are very easy (see under those headings), and we, the editors of this book, are speaking from experience in telling you that you can save expense, avoid the irritation of waiting for workmen, and find pleasure in doing such work yourself, particularly in the case of smallish rooms. One of us has frequently assisted, both as host and guest, at spring-cleaning parties for painting and distemping, and memories thereof are a store of joy in feeling hands can efficiently execute their owner's commands, of festive picnic meals, and of compliments from the servants—"Workmen would have made six times the mess and left us to clear it up."

For extra help with the ordinary work of spring cleaning there are many sources of supply besides the charwoman. You can arrange for a vacuum-cleaning machine to pay your house a visit; send blankets, curtains and covers to the laundry or a professional cleaning establishment; get help from a window-cleaning company; lay in a stock

of ready-cooked provisions; thank God for your own good pair of hands, and show the world you are as proud to use them in your own house as you were to wash crockery for the soldiers or scrub a hospital floor in war-time; tell your husband that if he will just make time to take up the stair-carpet before he goes to town, he shall have his best favourite pudding when he comes home to dinner; have a chat with your servants and let them understand that virtue will not be their only reward for cheerfully given extra service; have a plentiful supply of good cleaning materials and utensils.

System.—Have the sweep in to attend to all chimneys in rooms where a fire has been lit more or less regularly during winter months.

Start cleaning at top of house and work methodically downwards. On each floor, halls, corridors, landings and passages should be last but one in order for attention; staircases and stairs should come last. Any carpets or rugs that are to be sent away to a carpet-beating company should be despatched reasonably early, before cleaning is begun, to allow for their return in time to be put back in position when room has been cleaned; the firm will send someone to take up carpets.

To clean a room.—Remove all curtains and covers. Some may only require shaking and brushing, others will need washing or dry cleaning.

Remove all loose rugs and take up carpet, if latter has not already been sent away to be cleaned; or, if you have made arrangements for vacuum cleaning, leave carpet in position. Rugs and carpets that are to be cleaned at home should be hung outside on a line or spread on the grass and well beaten both sides with sticks. Afterwards, they

should be brushed both sides, and they may then have their face washed with carpet soap.

Put out of the room all pictures, china, ornaments, books and small furniture; in due course these must all be cleaned ready for putting back in their places.

In case of a bedroom, take away mattress and bedding into the open air, to be well beaten and brushed. Fold up bedclothes and deposit them in an adjoining room; make a separate pile of any clean blankets that are to be stored for the summer, and put soiled ones in the collection basket for laundry or dry cleaner.

Move remaining furniture well away from walls and cover with dust sheets.

Sweep ceiling and walls with a long-handled soft brush designed specially for the purpose; after which, brush up dust from floor so as not to scatter it again when you are moving about to clean the paint.

Wash paint.

Clean floor, by scrubbing bare-board portions. Polished portions may be washed over with a flannel or swab wrung out in cold water, previous to re-polishing—hot water would take off the varnish, and soda must not, as a rule, be used as it draws out colour of stain. But if there are patches from which colour of stain has been worn out, remove any remains of surface-polish with hot water containing a little bit of soda, and re-stain with a solution of permanganate of potash; let stain dry thoroughly before you apply floor polish. Or, after removing surface-polish, touch up worn parts with varnish stain.

Wash furniture with a flannel wrung out in warm, soapy water (no soda); dry well, then apply a very little good furniture cream or

paste and rub well with a soft duster that will not deposit fluff.

Meanwhile, windows should have been cleaned, grate polished, and everything that was turned out of the room made spick and span.

Have a look round to see that no little detail, such as the door handle, has been neglected; then proceed to put the room in order again. Of course you will use clean curtains and covers. If the carpet is still away at the cleaner's, borrow a rug here and a rug there from some other part of the house, but see that they are well beaten before they come into the spring-cleaned room.

Cupboards and Drawers.—

During the Spring Clean, every drawer and cupboard should be turned out. Superfluous contents may consist of winter clothes, which should be stored elsewhere for the summer; of things which are beyond being of use to anyone and which should be thrown away; or of things for which you have or are not likely to have any further use, and which should be disposed of by sale or gift. Contents which you are going to keep should all be overhauled and washed, brushed, shaken or polished. Cupboards and drawers should be well washed on the inside, dried, and re-lined with clean paper.

Cleaning Materials and Utensils.—Same as for daily and weekly routine work, but you will probably want extra supplies of:

Brass Polish.
Carpet Soap.
Chamois Leather.
Dusters, ordinary
and soft.
Floor Polish.
Furniture Polish.
Grate Polish.

House Flannel.
Marble Cleaner.
Paraffin.
Soap.
Soap Powder.
Scouring Powder.
Swabs.

SPRING CLEANING—*Continued.*

Old rags may very often be utilised as dusters and swabs for spring cleaning.

Ceiling and walls may be swept with an ordinary long-handled soft broom, with a clean duster tied over bristles. But this will not get into corners as well as a broom specially fashioned for the purpose.

General Hints.—Do not attempt too much on one day or in one week.

Encourage the servants by noticing their efforts; be generous with your expressions of appreciation, and do not grumble if your early cup of tea is brought up a few minutes late on the morning after a particularly busy day.

April is a good month for the spring clean, with a programme that brings the turn of sitting-rooms towards the end of the month, when there is some chance of dispensing with fires. But do not let your programme be fixed so hard and fast that certain work has to be done on a certain day, even though it pours cats and dogs. Cleaning goes twice as quickly on a bright day as on a dull one, and sunshine shows up details that need attention; further, much of the work can be done outside, particularly if you have a garden and even if you have only a back-yard.

It is the height of folly to shiver over an empty grate because the room has been spring cleaned—such tyrannical conventions have driven more than one man from home and sent countless people to bed with influenza or pneumonia.

See also **DISTEMPERING**; and **PAINTING**.

STAINS, REMOVAL OF.

The difficulty of removing stains increases with the time they are

allowed to remain undisturbed. Take or make an early opportunity of tackling them whilst they are fresh; but whatever happens to delay the operation you should always treat the stain before blemished article is sent to the wash. The use of soap and water on an untreated stain often tends to fix the blemish. But immediately after treatment the affected part of any washable article should be well rinsed in clean warm water, to prevent further activity on part of any chemical that has been used.

Treatment of stains depends largely on colour and material of article affected. Details of methods will be found herein, under the following headings:—

Blood Stains.	Mildew.
Candle-grease Stains.	Mirrors, to Clean.
Cocoa Stains.	Oil Stains.
Coffee „	Paint „
Fruit „	Pianos, Care of.
Glass.	Rust Stains.
Grease Spots.	Silver, Care of.
Ink Stains.	Tar Stains.
Iron Mould.	Tea „
Knives.	Wine „

STATIONERY.

Do not write your letters on scribbling paper. It was a patriotic form of economy to do so during the war, but a continuation of this habit would be an extravagant form of economy, for nothing is more indicative of a correspondent's character than the stationery he uses. A stamped address looks better than a printed one, and the necessary die can be obtained through any stationer at small cost. If you have a telephone number or a telegraphic address, their publication on your notepaper will usually simplify your correspondence.

Even under conditions which

ensure plentiful supplies of paper at a cheap price, it is, of course, wilful extravagance to use good notepaper for shopping lists and suchlike memorandums. Have scribbling blocks available, and save from your incoming correspondence all unused paper that is suitable for rough notes.

STEEL, TO CLEAN.

Specially treated dusters, pads and burnishing squares may be bought very cheaply for the purpose. Or use fine emery paper. Always rub in one direction only. Polish with chamois leather.

Fire-irons, knives, etc., which are to be stored should be well cleaned, rubbed over with any saltless grease, such as suet, oil or vaseline, and wrapped in paper.

STERILIZERS AND STERILIZING,

see PRESERVING FRUIT; and PRESERVING VEGETABLES.

STOCK.

Stock is liquor containing anything good in the way of nourishment or flavour. It is usually obtained by long continued, gentle simmering of bones, meat, poultry or vegetables, or some combination of these ingredients; and the ingredients may have been procured for the express purpose of making stock, or they may be odds and ends left over from a previous meal, trimmings from a cooked or uncooked joint, outside pieces of celery and numerous other oddments that are much too good to be thrown away, although they may not be much to look at. Equally, stock may consist of the water in which fish, rice, potatoes and numerous other foodstuffs have been boiled

for table use, or the name can be applied to milk, or milk and water.

Stock is the basis of many excellent Gravies, Sauces and Soups.

STOCK-POT.

A Stock-Pot is simply the name for any cooking vessel you may reserve for special or exclusive use in the preparation of stock. There are urns, fitted with taps, designed expressly to serve as stock-pots, but they are encumbrances rather than necessities except in a big establishment. For general household use, the best stock-pot is any substantially made cooking vessel—saucepan, stew-pan, or fireproof earthenware casserole—which has a lid and which can be conveniently left on stove for several hours. The advantage of an earthenware casserole as stock-pot is that stock can be left in it over-night.

STOVES.

Anthracite.—Specially constructed stoves are necessary for burning anthracite, owing to the intense heat generated by this form of fuel and the fumes that are given off during combustion. Various makes are on the market. Prices, war-time basis, range from about £4 upwards, according to size, practical and decorative details, etc. Stoves quickly pay for themselves by economy of fuel and saving of labour. A boiler for heating a supply of water for a bath or other purposes is attached to some of the latest types of stove.

See also HEATING, CENTRAL.

Coal (bituminous).—*An Open Grate* model is preferable for sitting rooms, an open fire being pleasant to look at and a medium of ventilation as well as of heat.

All models have, unfortunately, the disadvantage of making a great

STOVES—*Continued.*

deal of dirt. All models used to have the great drawback of being extravagant consumers of coal, but some of the latest patents are so constructed that they are more or less economical with the coal and diffuse heat into the room rather than encourage it to go up the chimney.

Kitchen Ranges.—Numerous improvements have been made since the days when the closed range first began to take the place of the open range. The best ranges are now made with a grate that can be adapted for use either as an open fire or a closed one. When the top of the grate is closed, the whole of the top of the stove is available for pots and pans, and when the top of the grate is removed, the fire is pleasant to look at and is able to fulfil the useful purposes of drying and airing clothes and of helping to ventilate the kitchen—with older models the top of the grate has to be lifted off bodily, and there is the danger of something being smashed or someone being burnt, but in the newer designs the top can easily be slipped into a position specially made for it at the back of the stove. Further, the newest grates work on hinges, and can be moved up and down to increase or diminish the size of the fire. Modern ranges suitable for large kitchens have two ovens—one for baking, one for roasting. Even in the more moderate size ranges of latest design, the oven door is fitted with a thermometer, whose face shows on the outside of the door the degree to which the oven is heated.

In selecting a kitchen range, be on the look-out for any innovations designed to economise fuel, regulate heat and control its disposition, warm plates and dishes, save labour

in cleaning and cooking, and help to combine an efficient hot-water supply with good facilities for cooking.

Gas.—Between the simple gas-ring for boiling a kettle, and the equally well-known gas-stove for cooking a dinner or a banquet, there are many ingenious and compact Gas Cookers specially designed to meet the requirements arising from various circumstances in various homes. Many of the new models are quite inexpensive to buy, and are particularly economical with the gas; they take up very little room, are easy to keep clean, and are ready for quite a multitude of duties at a moment's notice. For heating purposes gas stoves are a great comfort and are particularly economical for bedrooms, where it is needless, except in case of illness, to keep a fire going the whole day.

Oil.—Can be used for cooking or heating.

Stoves have the outstanding advantage of being portable. The newest models are very economical of paraffin; they transform their paraffin supply into oil-gas by the help of air, and give a hot, clear blue flame. A small lamp will heat a big room. A small stove will cook a big dinner.

STRAWBERRIES.

To Bottle, to Can, to Pulp,
see PRESERVING FRUIT.

SULTANAS, TO CLEAN.

Pick out any stalks and rub sultanas in a clean cloth. Lower grade qualities should be washed (see CURRANTS).

Sultanas are sun-dried grapes of a special variety.

SYLLABUBS,

see CREAM.

T

TABLES,

see HOUSE, EQUIPMENT OF.

TABLE APPOINTMENTS.

Half the pleasure of eating would be gone were we to return to the days of the wooden bowl and spoon as sole utensils for a meal. China, glass, table linen, knives, forks and spoons now rank as necessities of life among all sorts and conditions of civilised people, and, fortunately, many sorts and conditions of people consider it equally necessary that such things should be as beautiful as they are useful.

Table appointments are now made in infinite variety and to suit every purse.

Aim at having in your home everything for table use; but when setting the table for any meal, do not be tempted to crowd it with appointments, however beautiful, that will not be required for use at that particular repast.

TABLE DECORATION.

When you enter a dining-room and see the table beautifully decorated with flowers, you feel happy with the world at large and know that the fare will be good.

If you are a bit of a psychologist, the character of your hostess will be revealed to you by the quality of her table decoration.—You will know her taste in colour, in form, in perfume, can guess at her temperament and intellectual capacity. . . .

In stimulating enjoyment of a good dinner in pleasant company, the decoration of the table plays

almost as important a part as the viands which are placed upon it.

Just as fashion changes in furniture, in pictures, in all things pertaining to art, so does the ornamenting of the dinner, tea, luncheon and supper tables vary with the times.

Harmony and simplicity should be your first aim. Do not place on your table heavy gold or silver vases, whose wealth of ornamentation will overweight any flowers you may place in them.

Take great care also that the flowers do not obscure the line of vision; keep the decoration low, so that all guests can see one another and that general conversation may become possible. Then should one of your guests be unlucky enough to have as partner a hopeless bore she will at least get some chance of seeking respite by talking to her vis-à-vis.

Of late years, it has become fashionable amongst lovers of old china to use as a centre-piece a delicate Sèvres or Biscuit Statuette. As a variation of this style, a small marble or ivory figure resting on the white cloth with here and there a trailing branch of smilax, gives a most artistic touch to a table. Again, a beautiful old bowl or antique bottle in coloured cut-glass, together with table-glass to match and a handful of flowers, provides opportunities for fascinating colour schemes.

For smart occasions, such as a dinner-party, it is now quite as usual for the hostess to confide the

TABLE DECORATION —

Continued.

decoration of her table to a specialist as it is for her to order the ices from a confectioner. Some of these specialists in table decoration are veritable artists. When consulting them, you need not sink your individuality, for you will find them pleased and ready to carry out the colour scheme you desire, and otherwise to devote their professional training to expressing your ideas.

Many people now dispense with table-cloths, and it is considered chic to serve meals on a highly polished antique table, with fancy mats and dainty d'oyleys to prevent hot plates from marking the wood.

Here are a few specimen decorative schemes—the choice of flowers depends, of course, on the season of the year:

Daffodils and Parma Violets.

—One centre-piece and two smaller side ones.

Use a small, rectangular board (the bottom of a cigar-box will do), and cover it with a thick lump of putty, which must be concealed by moss; arrange on this ball the flowers, daffodils and violets, which have been previously wired, and intersperse amongst them some asparagus or maidenhair fern. If deftly arranged, the flowers will appear to be resting lightly in the moss on the table-cloth, and your guests will wonder what magic holds them up. Make and arrange the two side pieces in a similar way, and join the three together by stretching a single spray of smilax, zigzag fashion, along the table-cloth.

If, previous to arranging the flowers, you lay a lace table-centre over a piece of yellow pongee silk, the effect will be greatly enhanced.

Pink Carnations and White Lilac.—Fill a low silver bowl and two smaller side *jardinières* with moss, and stand in them the wired carnations and white lilac. Or use pale pink roses instead of carnations.

This is a most delicate and refined table arrangement.

Yellow Broom.—On a very highly polished dark oak table place a white and gold Empire bowl filled with yellow broom; add several small, flute-like silver vases with the same golden flowers. If a pale yellow dinner service is used, the effect is quite enchanting.

Red Roses.—In a large crystal bowl well filled with water, allow half a dozen fully opened red roses to float; do not remove all the green leaves, and sprinkle on the table-cloth a handful or two of red rose petals.

Sèvres Statuette and Pale Pink Flowers.—Place on the table-cloth a Louis XVI. oval-shaped mirror; in the centre stand a Sèvres statuette of a baigneuse, and arrange, according to taste, trails of any delicate pink and white flowers which happen to be in season; the mirror must not be completely covered by these. At the ends of the table Louis XVI. *corbeilles* can be filled with the same flowers.

TAPIOCA.

Tapioca ranks as a cereal owing to its form and starchy nature. It is not, however, naturally a grain, but is prepared from the roots of a tropical shrub known as "cassava." Its nutritive value may be judged from the fact that cassava meal is the staff of life for the aboriginal Indians of South America.

Tapioca is used like sago (see SAGO). And an excellent pudding

course can also be made by treating it as for rice milk (see RICE).

See also CREAMS; under recipe for *Heavenly Food*.

TAR, TO REMOVE.

For tar deposits on carpets, clothes or hands, first soften stain with butter or other grease, then wash with warm soapy water, after which remove any grease mark which may remain with benzine.

For woodwork, use turpentine after softening stain with grease. Paraffin and methylated spirit are also very efficacious in removing tar or other resinous stains.

Take special care not to use benzine near a naked light or fire.

TARRAGON.

Our national mode of cooking will have made a long stride towards refinement when tarragon is better known in the English home. As this herb is easy of culture and can be grown outdoors in this country, there is no excuse for our ignorance of its good qualities. Tarragon is used daily by the Continental chef, and it is the secret of much that is alluring, by taste and aroma, in French cooking.

Use the leaves and young shoots; they are a main ingredient of Sauce Béarnaise and Sauce à l'Estragon (see SAUCES). Tarragon leaves, pinched or chopped into short lengths, add greatly to the attraction of salads, particularly in combination with cos-lettuce. Whole leaves and young shoots should be used in the pickling of cucumbers.

Ready-prepared tarragon vinegar is sold by all first-class grocers; by many gourmets it is considered the vinegar *par excellence* for salad dressings. You can make your own supply of tarragon vinegar (see PICKLES).

TEA.

The beverage tea is prepared from the dried leaves of the young shoots of the tea bush.

There are many varieties of tea, but the principal are Indian, Ceylon and China, of all of which there are several qualities.

The British-grown teas of India and Ceylon have the advantage of being prepared entirely by machinery. Further, it is now becoming widely recognised that if British teas are only properly treated in the pot, so that an infusion rather than a brew is obtained, the bottom, or the main part of it, falls out of the old argument that China teas are more digestible. In the name of fair play, if not of patriotism, do not be led into making absurd criticisms:

By comparing first quality China tea with Indian or Ceylon dust or fannings.

Do not leave the water standing on British-grown tea long enough for it to extract an undue proportion of tannin, and then complain that the beverage is indigestible.

To Make Tea.—Of course you have all been brought up to "warm the pot." But it is not so generally understood that:

The water poured on the leaves must be freshly boiled.

Care must be taken to select a tea that suits the water of the district in which you are living.

Now comes the important stage at which the tea is left to draw. It is required to extract from the leaves as much as possible of their theine, to which the stimulating and sustaining property of tea is due.

The leaves also contain tannin, and tannin certainly has a tendency to retard the digestion of some foods,

TEA—*Continued.*

but this tendency has been so absurdly exaggerated that some people seem to believe that tannin can turn both food and the coats of the stomach into leather!

As a matter of fact, tea is very effectually prevented from acting as a tanning agent by the paralysing influence of the alcaloid theine on the tannic acid. As, however, tannin can affect the natural process of digestion—it is wise not to swallow it in wholesale quantities. And there is no need to swallow anything more than a wholesome amount of tannin if tea is properly made—a *little* tannin is very good for us, so much so, that the Chinese originally used tea as a medicine because of the tannin in it.

But theine, be it noted, is much more soluble than tannin. In the course of about 3 minutes—slightly longer for lower-grade teas of coarser leaf—boiling water extracts a large percentage of the theine or stimulating property of tea, and only a very small percentage of tannin; in subsequent minutes, the extraction of tannin will still be going on, but the amount of theine will be very little increased.

Consequently, therefore, properly prepared tea should never be left standing on the leaves for more than about 3 minutes, after which it should be poured off into another well-heated teapot.

The addition of milk helps to prevent tea interfering with the digestion.

Tea is not commonly drunk with milk in all parts of the world, nor is it always taken hot.

The Russians, for instance, serve hot tea with a slice of lemon in it; and cold tea flavoured with lemon

is a popular drink in some hot countries.

TEA STAINS, TO REMOVE.

Proceed in accordance with directions given under heading of COCOA STAINS.

THYME.

Two varieties of the herb thyme are used as culinary flavourings—the Common and Lemon. Both are evergreens, so there is no need to dry supplies for winter use. The common variety is strongly flavoured, and special care must be taken in its use to prevent its taste becoming dominant instead of suggestive. Lemon thyme has a smell reminiscent of the fruit after which it is named. The leaves alone of both varieties are used in cooking, and their chief function is to flavour sauces, stews and forcemeat. Unlike mint and sage, which are more popular in England than on the Continent, thyme is favoured by French chefs and is one of the herbs included in the Continental combination of aromatic flavourings known as a “Bouquet.”

TINNED FOODSTUFFS.

My outlook on the possibilities of tinned provisions first spread beyond the mere turning of them out on a dish for use when Chowa, black as your hat, served me a dinner on board a tent-boat in the wilds of South America that made me feel I was back in a West End restaurant de luxe.

“How did you do it, Chowa?” I asked. “Where did you get the tomatoes and the cream for the soup . . . the prawns, the chicken, the strawberries . . .”

“Out of a tin, Missis,” he replied.

By residents and travellers off

the beaten track, tinned foodstuffs have long been adopted as necessities of life, and native cooks have been trained to use them in the preparation of a wide variety of appetising dishes, and to be practical in the management of them as regards storage of both unopened tins and surplus of contents from open tins. No one anticipates that ill effects may follow the consumption of tinned goods any more than he expects to be poisoned after a meal of fresh provisions.

In England, on the contrary, tinned foodstuffs were regarded with suspicion, and disrespectfully treated as makeshifts until recent years. But under war conditions that ensured a welcome for anything that could help to eke out rations, they found their way into countless homes where they were formerly tabu, and now, not only has the prejudice against them vanished, but they have at last won wide appreciation as aids to variety in daily fare and as boons for emergency meals. Their popularity will undoubtedly continue to increase as more and more people come to understand that there is no end to the range of their utility, and that there is no need to take out a life insurance policy before eating them, provided a few simple and common sense precautions are observed.

CHOICE OF BRANDS. — Quality varies considerably, depending mainly on quality of provisions used for putting in the tins and method of "packing"—a technical name which covers numerous details, such as grading, density of syrup or purity of oil, method of sterilisation, quality of tins, safety treatment of interior of tins by lacquering or waxed paper lining,

to prevent contents coming into contact with tinned surface.

Soups.—The better brands are usually highly concentrated, and as they can be diluted they are not by any means as expensive as they may seem in comparison with cheaper priced ones. Further, they are more nutritious and better flavoured, being prepared from the genuine raw materials after which they are named, as distinct from inferior substitutes.

Fish.—In the case of varieties preserved in an "oil bath"—such as sardines and herrings—flavour is influenced to a considerable extent by the quality of the oil used; it is worth paying a little extra for brands put up in good oil.

The best brands of the more solid kinds of fish, such as cod, lobster and salmon, are now generally kept from immediate contact with the tin by enclosure in waxed paper.

Meat, Poultry and Game.—Choice of variety used to be limited to bully beef and tongues. Nowadays, the choice covers practically everything sold by butchers, poulterers and cooked provision merchants. This multiplication of variety has naturally, led to a multiplication of brands, some of which are particularly good and others particularly indifferent.

If you want a good brand, you must be prepared to pay the price for it, and not imagine, as so many people do, that because a turkey or chicken is in a tin, it ought not to cost more than about a quarter of the price you would have to pay at a poultry shop.

This attitude of the public towards tinned meat prices doubtless had influence in the past in encouraging practices that gave rise to the gibe

TINNED FOODSTUFFS—

Continued.

“Eat what you can, and can what you can't.”

Logically to criticise the price of tinned meats, you must bear in mind that the manufacturer not only has to pay the market price for whatever quality fresh provisions he uses, but also to pay for the upkeep of his factory, for tins, labour, packing-cases and transport. Even though his factory is situated in a land of plenty for the provisions he cans, he cannot put good stuff on the market at give-away prices.

Tinned Fruits. — Judgment is commonly based on size and flavour of fruit and density of syrup, but in addition to these criterions you should be particularly on the lookout for method of grading — *i.e.* equality of size in contents of a tin. For instance, a tin of pears which contains some big pieces and some small ones is badly graded, and will handicap you in whatever purpose to which you want to put the fruit — the inequality in size will spoil the appearance of any dish prepared from the fruit as turned out from the tin, and if you want to warm up the fruit for a hot dish the small pieces will go mashy before the big ones are warmed through.

Tinned Vegetables. — Beware of highly - coloured green vegetables from a tin; the colouring is probably artificial. Brands in which colour effect is not a feature are often better flavoured and usually safer to eat; and it is easy and safe to touch up their appearance when you cook them. See COLOURINGS, CULINARY.

STORAGE. — Store unopened tins in a cool dry place. Never leave any surplus for future use in an opened tin. Contents of an opened tin not

required for immediate use should be turned out into an earthenware or glass vessel and put in the larder. Do not imagine that because food-stuffs will keep indefinitely in an air-tight tin, they will keep indefinitely when taken out of the tin.

USE OF TINNED FOODSTUFFS. — All tinned foods are cooked during the process by which they are preserved. The cooking may be complete or partial, according to the size and nature of the raw material.

Bear this important fact in mind and you will speedily discover how to put tinned provisions to all the uses you know of or can imagine for their fresh equivalents in a cooked or partially cooked condition. For instance: *Tinned Strawberries.* The fruit, being soft, gets completely cooked in the tins during the time necessary for sterilising it. It can therefore be turned out of the tin for direct consumption in the form of any dish you would prepare with fresh strawberries, stewed and left to get cold — as an ingredient of a fruit salad, as a compote to serve with blancmange, as a basis of a strawberry fool, by passing strained strawberries through a sieve and mixing cream or yolk of egg to the pulp.

If, on the other hand, the strawberries are required for a hot pudding in which it is necessary to maintain their form, they must be warmed up with the same care that you would exercise in re-heating fresh stewed strawberries. For instance, if you put them in an open tart, three parts bake the pastry before arranging the strawberries on it.

Tinned Salmon, like all fish, is completely cooked. But there is no reason why you should not use it for a variety of hot dishes, such

as fish pie and fish cakes. And if you serve it cold, why not garnish it as you would the fresh fish, and hand round mayonnaise sauce with it.

Tinned Sausages can be baked or fried like fresh ones. They are excellent for cooking toad-in-the-hole fashion in a Yorkshire pudding. And suppose a hungry friend drops in unexpectedly when the larder has nothing suitable to offer him, take a tin of sausages from your emergency stores, fry a couple, put them into a fireproof dish with an egg, cook to set the egg, and pour over a little hot tomato sauce; within a quarter of an hour you can set before your friend a dainty dish that will take the keen edge off his appetite.

Surplus Syrup from Tinned Fruit.—Use this instead of milk for making blancmanges and creams.

See also PRESERVING FRUIT, under *Ways of Using Bottled Fruit*; and SALADS.

Tinned foodstuffs may also be used for materialising numbers of the recipes given herein under the various headings for fish, meat, vegetables, puddings, etc.

TINNED FRUITS AND TINNED VEGETABLES,

see PRESERVING FRUIT; PRESERVING VEGETABLES; and TINNED FOODSTUFFS.

TIPSY CAKE.

In bottom of a glass dish or shallow china bowl arrange a sponge jam sandwich cut in triangular pieces, or sponge cakes split in halves lengthways and spread with jam, sandwich fashion. Pour over some sherry and leave to soak.

Pour some cold boiled custard over soaked cake, and garnish plentifully with blanched almonds, in-

cluding, if you like, some crystallised cherries and angelica.

See also TRIFLE, to which Topsy Cake is closely akin.

TISANES.

Numerous good drinks, thirst-quenching and health-giving, can be made from the roots, leaves, flowers, twigs, stalks and fruit of wild or commonly cultivated plants.

In France and Belgium such beverages are known by the family name of *Tisanes*, and they are quite as much national institutions as Scotch whisky and English beer.

One of the most popular of the *tisanes* is **Tilleul** or **Lime Tea**.

To make *tilleul*, gather and take home some branches of lime. From them pick off in one piece each head of flowers. The bunches of bloom will be found attached to a sheath; the nip-off should be made just below this junction.

Dry these little bouquets on a piece of sacking in an attic, on a sieve in the sun, on the shelf of a green-house, or in a cool oven.

When slowly dried to a brittle state they are the raw material of lime tea.

Store for use as required in a tin box.

A little orange flower or liquorice root is sometimes used for blending.

The beverage is prepared in the same way as ordinary tea, by infusion of the dried material with boiling water in a pot, and about the same quantity is used for an infusion.

Serve without milk, but the addition of a little sugar and a slice of lemon is optional.

Lime tea is not only highly esteemed as a beverage of delicate taste and aroma, but also as a sedative.

TISANES—*Continued.*

Other popular *tisanes* which can be prepared with little trouble and practically no expense are:

Thé de Menthe, an infusion made from the dried leaves of mint. This beverage has the dual properties of a sedative and a tonic.

Hop Tea, an infusion from the dried flowers of hops; it is an *apéritif* which ensures that a good digestion shall wait on appetite.

Quatre Fleurs, an infusion from a blend of four dried materials—lime flowers, single and double violets, and the running roots of couch grass.

This beverage is a favourite both as a refresher and as a cure for colds.

TOMATOES.

To Bottle, to Can, to Pulp,
see PRESERVING FRUIT.

TOOL BOX.

A Tool Box or Basket is a necessity in a house. Even if you have no special aptitude for carpentering you will not find it difficult to learn to use, say, a saw and a hammer, and the merest novice with tools, provided they are the right ones, can do all manner of little jobs and home repairs that would otherwise cost dear, not only in money but in irritating delays.

The family Tool Box or Basket should be provided with:—

Bradawl.	Pliers.
Case Opener.	Sand-paper.
Chisel.	Saw.
File.	Screw-driver.
Gimlet.	Wire, Coil of Strong.
Hammers, Heavy.	„ Reel of Fine.
„ Light.	Wire-cutting
Nails and Screws,	Nippers.
Assortment of.	

The *Hammer* is the most useful and most used tool. However

carefully it has been put away after previous service, always wipe its face before putting it to work, as the slightest grit or even dust on its surface may cause it to slip—with the inevitable result that a finger-nail takes the place of the nail, and causes discoloration of both nail and language.

The *Saw* when out of use should be greased to keep it from rusting. But never put grease on a saw for the purpose of making it work easily—a good saw does not even require elbow-grease; once you have given it a hand in biting into the wood it works itself, only requiring guidance. Be particularly careful to see that no nails are in its way; they quickly take the edge off any saw, and thereby lead to much useless expenditure of energy, together with the inevitable rise of temper and temperature. The novice should never attempt to sharpen a saw; a blunt saw must, in technical language, be “re-set,” and this operation can only be performed by a carpenter or sawyer, such men being taught to do it when learning their job.

There are cases of a screw loose in which the *Screw-driver* is powerless, but, happily, these are few in comparison with the cases in which that tool comes in handy.

There are many uses for the *Chisel*; in conjunction with the hammer it helps to raise nails to within grip of pincers, lift boards to enable you to look for the origin of a leakage of gas, splinter wood into strips, and in similar ways it performs numerous invaluable services.

Pincers are handy for drawing tin-tacks from floor and staircase, preparatory to the laying of lino or carpet. Always have them at

hand, too, when you are undoing a packing-case. Lift lid of case with the help of a *Case-Opener*, thereby safeguarding the box against damage and preserving it for further use. Now, have recourse to the pincers to remove nails, for if latter are left in lid they may sooner or later spell ruin to your clothes. Straighten nails with hammer. Remember that these box nails are specially made for their business in life, and if looked after can be used over and over again.

Tools, to be serviceable, must be kept in good condition, and they should be returned, directly after use, to their proper place. To ensure respectful treatment for them it is advisable they should be in the charge of the best amateur carpenter in the house, and no person, other than this special caretaker, should be allowed to borrow them without permission.

TOOTHACHE.

May arise from various causes and treatment depends on the cause.

If tooth is decayed, there is nothing for it but to go to the dentist; meanwhile, to relieve pain, paint gum with tincture of iodine. If there is a visible cavity in tooth, stop it temporarily with a piece of cotton wool dipped in oil of cloves.

If toothache is result of a chill and the pain is neuralgic, try a dose of antipyrine or phenacetin.

TRADESMEN'S BOOKS,

see SHOPPING.

TRIFLE.

A delicious sweet, simply made but expensive. Line the bottom of a glass dish with macaroons.

Encircle them with ratafias, and fill all interstices with crumbled macaroons and ratafias. Above, put a layer of savoy biscuits, spread sandwich fashion with raspberry jam, or use sponge cakes instead of these biscuits. Pour over sufficient sherry to soak these ingredients.

Make some boiled custard (see CREAMS), and stand it aside to get cold.

Pour cold boiled custard over soaked biscuits, pile whipped cream, sweetened and also flavoured with sherry if you like, on top of custard, and garnish with blanched almonds, pistachio nuts, and crystallised fruits such as cherries and angelica.

TROUT, FRESHWATER.

Boil in court-bouillon or fry in oil or butter.

For *details of method*, see FISH.

TURBOT.

Usually boiled.

For *details of method*, see FISH.

Serve with a good sauce, such as Hollandaise or Mousseline (see SAUCES). Seasonable all the year round.

TURKEYS.

The female makes more delicate eating than the male, and is therefore the greater favourite for roasting.

RECIPES.

Roast Turkey. — Stuff with chestnuts or with chestnuts and sausage meat (see GEESE). Lay some slices of fat bacon over breast, and skewer these or secure them with string. Put bird in baking-tin with a liberal supply of butter or good dripping. Cook in a moderate oven, basting frequently. About 20 minutes before serving, remove

TURKEYS—*Continued.*

bacon so that breast may get brown.

Time: 1½ hours to 2¼ hours, depending on age and size of bird.

Yesterday's Turkey Legs, Devilled.—*To make the Devil*—Mix on a plate equal quantities of made mustard, Worcester sauce, anchovy sauce and olive oil; season with salt and cayenne pepper.

Score the flesh of the legs freely and deeply so that the mixture may thoroughly penetrate through the incisions into the meat. Lay the prepared legs in the prepared Devil and leave to soak for a night. Next morning grill the legs for breakfast

over a clear fire. Dot over with bits of butter previous to serving.

TURKISH COFFEE, see COFFEE.

TURMERIC.

This spice can be obtained in root or powdered form. It is sold by most chemists.

Use it for imparting the "professional" yellow hue to piccalilli.

TURNIPS.

Recipes for Cooking,
see VEGETABLES, TO COOK.

TURNIP TOPS.

Recipes for Cooking,
see VEGETABLES, TO COOK.

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VACUUM BOTTLES,

see PRESERVING FRUIT; and
PRESERVING VEGETABLES.

VACUUM CLEANERS,

see ELECTRIC ACCESSORIES;
LABOUR-SAVING APPLIANCES;
and SPRING CLEANING.

VANILLA.

Vanilla is a popular, aromatic spice consisting of the prepared pods of a tropical vine.

Vanilla pods are still obtainable, but this flavouring is usually sold in the form of an essence much of which is manufactured from a chemical substitute.

Vanilla is a sweet flavouring, used principally for improving the taste of puddings, custards, creams and sweetmeats.

VEAL.

PRINCIPAL CUTS.	GENERAL METHOD OF COOKING.
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Bladebone (Oyster). Roast.

Breast. . Braise or stew; can be roasted.

Fillet. . Roast or braise; a choice joint for either method. Also used for cutlets, grilled or fried.

Knuckle. . Boil or stew.

Neck—

Best End Roast whole, or fry, or grill as chops.

Scrag End Stew or boil.

Loin. . . Roast; a prime joint for this method.

ODDS-AND- ENDS AND TIT-BITS.	GENERAL METHOD OF COOKING.
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Feet. . . Stew or boil.

Head. . . Stew or boil.

Heart. . . Braise or roast.

Kidney. . Braise or stew.

Liver. . . Fry or stew.

Suet. . . For puddings or force-meat.

Sweetbread Boil, braise or stew.

CHOICE.

Good quality veal is of greyish pink colour. When the flesh is red the meat is of inferior quality.

GENERAL PRINCIPLES OF
COOKING VEAL.

Boiling. — Put meat into cold water if superior quality broth is required; into boiling water if you want the meat to retain the best part of its nourishment and flavour, and only require the broth to serve as a useful stock for everyday soups and sauces. Gelatinous parts, such as calf's foot and calf's head, should always be put into cold water. *Time:* (a) for boiled veal, when meat is to be served at table—about 25 minutes to each pound. (b) For calf's head, calf's foot, and other parts for broth—long, slow, continuous boiling until gelatinous portions are very tender and easily come away from bone; or, when first quality

VEAL—*Continued.*

broth that will cool into jelly-like consistency is the objective, boil until meat is practically reduced to shreds, then strain.

Braising, whereby meat is cooked in its "own steam" within a covered vessel. A minimum quantity of water or white stock (milk and water or liquor in which white meat or white vegetables have been boiled) is put in the covered pan with the meat, the stock being replenished from time to time, as necessary, merely to generate steam. In contrast to a stew, there should be practically no liquor left in the pan to serve with braised meat; all liquor used in the cooking should have been absorbed by the vegetables which are put in the pan as a bed under the meat. Time varies according to whether you are braising slices of veal or a joint; in latter case, allow about one hour to each pound.

Frying.—As a rule, veal chops and cutlets are so lean that the mere heating of the pan before putting them in is not sufficient to prevent burning; so, as a preliminary, melt some butter in the pan, or better still, fry a piece of veal fat which you have obtained from your butcher especially for the purpose. Directly one side of meat is set, turn over chops or cutlets in pan to prevent escape of juices; there must be no piercing of the lean meat when this is done, so if there is no fat on chops or cutlets into which you can put a fork for turning, use a slice. After first turning, to set both sides as quickly as possible, turn as often as is necessary to cook meat well through and get both sides an equally nice brown colour. Unlike beef and mutton,

which may be cooked to the degree agreeable to individual taste, veal should always be well done.

Grilling.—Well grease and heat bars of gridiron previous to laying on meat. Turn as in frying. Fire should be clear but not fierce.

Roasting, or more correctly speaking, **Baking**.—Put meat into a baking-tin, sprinkle with a little salt, and place in hot oven. Directly fat begins to run, baste. After about a quarter of an hour reduce heat of oven, continue cooking by moderate heat, and baste frequently. If meat is lean, dot some bits of dripping over joint before putting it in oven; or better still, get your butcher to let you have a piece of the thin "leaf" fat which is specially good for putting over a piece of veal that is to be cooked in the oven.

Time: 20 minutes to each pound and 20 minutes over is a good working basis for calculations, but as in all matters of cooking you must take into consideration thickness of joint, way the oven behaves under the influence of the wind that happens to be blowing, and suchlike details that always make the correct time for cooking a joint "to the turn" a matter for personal observation and judgment. But be sure that veal is well done. In the case of this meat, a few minutes too long is better than any suggestion of undercooking.

Stewing is akin to boiling but much less water is used, and the cooking is done by more gentle heat, largely through the agency of steam; obviously, therefore, a closed vessel must be used. Put meat in pan with enough cold water to prevent burning and to generate steam; vegetables may be

added, in which case amount of water should be increased. Cook very slowly. *Minimum Time*: about 4 hours for a medium-sized joint in one piece, or say, $1\frac{1}{2}$ hours for a joint of 2 lbs., reckoning time from the moment only when water reaches boiling point; less time is necessary if meat is cut into pieces, but here, again, you must use your own judgment, taking into consideration such details as age and nature of vegetables that you are cooking with the meat in the stew.

RECIPES.

The following recipes are designed merely to indicate the possibilities of applying the foregoing notes on the *General Principles of Cooking Veal*. It often happens that two recipes can be combined to make a third and novel dish, that a hint gleaned here and the benefit of experience gained there will lead to the discovery of a new *plat de résistance*. Equipped with the simple knowledge of working principles and fortified with the experience of doing as you are bidden in a few recipes, you will quickly discover how easy and interesting it is to invent dishes for the edification and better nourishment of yourself and family.

BAKED MEATS.

Stuffed Loin of Veal.—Bone veal. Make some veal stuffing, (see **FORCEMEATS**). Shape stuffing into form of a large sausage and tie into the loin with string. Cook in accordance with introductory hints on *Baking* preceding these recipes—baste well. Serve with rolls of bacon fried or baked crisp, and with thin slices of lemon; or, bake loin without boning it, and make the

forcemeat into little balls, which can be cooked in the tin with the meat—in this case the forcemeat balls should only be put in the tin 20 to 30 minutes before serving.

Veal and Ham Pie.—*Ingredients*—Stewing veal, ham or bacon, hard-boiled eggs, very small forcemeat balls, grated lemon rind, salt, pepper. *Proportions*—one hard-boiled egg, 4 or 5 forcemeat balls, and an ounce or two of ham or bacon to each pound of meat.

Cut meat into dice. Put into stewing pan (earthenware casserole for preference), cover with cold water, season with salt and pepper, and cook slowly till meat is tender—about two hours. Stand aside to cool.

Meanwhile, boil eggs hard, and when they are cold cut them into sections or slices; make forcemeat balls, and fry them lightly in a little hot butter or dripping; cut ham into tiny dice or short thin strips; make pastry (see **PASTES AND PASTRY**).

Put an egg-cup upside down in pie-dish to hold up crust. Fill pie-dish with layers of veal, ham, forcemeat balls and hard-boiled egg sprinkled with salt, pepper and lemon rind, and moistened well with gravy from cooked veal; cover with pastry, and make a hole in centre to let out steam. Put into a quick oven at first to encourage paste to rise, but take care that gravy does not boil up and make the paste sodden; reduce temperature after about 10 minutes and finish cooking. *Time*: about 45 minutes.

BOILED COURSES.

Boiled Breast of Veal and Vegetables.—*Ingredients*—2 lbs.

VEAL—*Continued.*

breast of veal, 1 cabbage, 4 or 5 carrots, 1 turnip, 1 head celery, 2 or 3 good-sized onions.

Cut cabbage and head of celery into quarters, carrots into rounds, turnip into thin slices; peel onions and cut into slices.

Put meat and vegetables into pan, season with salt and pepper, cover with cold water, bring to boil, and stand aside to simmer gently for about 1½ hours. Makes two good dishes for an economical meal:—(1) Soup, (2) Meat and Vegetables.

Calf's Head ■■ **Naturel.**—

Unless you are catering for a large family, half a head is sufficient.

Wash head in several changes of water, then put to soak in cold salted water for about 12 hours, during which time the water should be changed frequently. Take out tongue and brains, and split the half head into two pieces. Put split head (not tongue and brains) into a saucepan, cover with cold water, throw in a tablespoonful of salt, bring to boil, then drain well and wash in cold water. This preliminary process is known as blanching the head. Return blanched head to saucepan, put tongue in with it, cover with cold water, season with salt and pepper, 2 or 3 bay leaves and a sprig of parsley and thyme, and add some slices of onion. Bring to the boil, then stand aside to simmer gently for about 2 hours. About half an hour before serving, put in the brains, which should have been previously washed well. When the meat has been cooked tender, you can easily remove the bones, and this should be done when dishing-up. Serve with tomato sauce to which

add brains, which should have been previously well pounded.

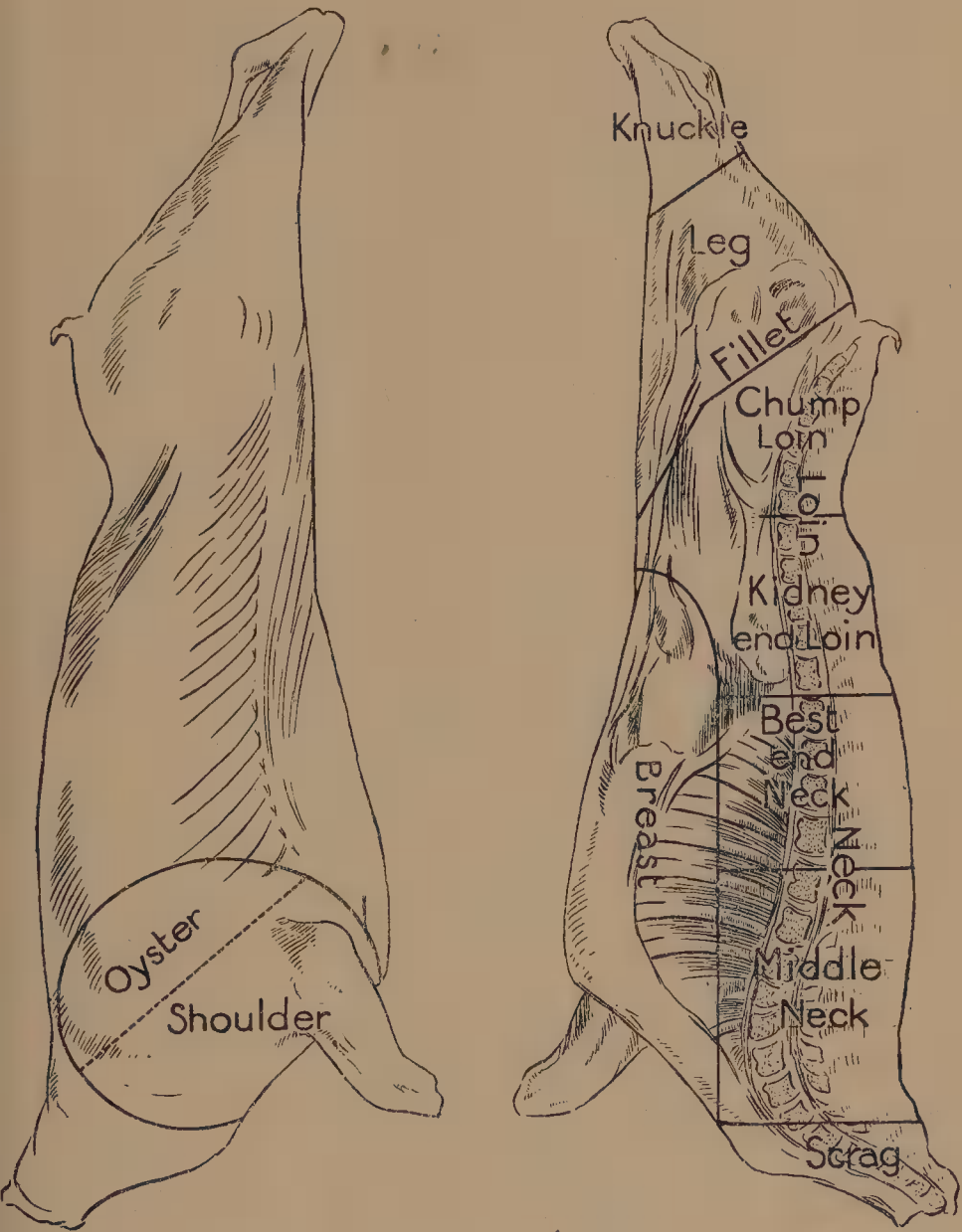
Calf's Head Mould (serve cold).

—Proceed in accordance with preceding recipe up to point of removing bones. After boning, cut meat into small pieces. Also skin the tongue and cut into small pieces. Pack meat and tongue into a mould, include some slices of hard-boiled egg, and fill up with a little of the liquor in which head has been boiled. Stand aside to get cold. Turn out and serve with a vinaigrette brain sauce, (see SAUCES); the brains well pounded have only to be stirred into an ordinary vinaigrette sauce, to which you should add a little chopped parsley.

Ris de Veau, Sauce Béchamel.

—*To prepare Sweetbreads for Cooking*—Soak in cold water for at least an hour; a longer time is better, and you can, with advantage, put them to soak overnight. Put soaked sweetbreads into a saucepan, cover with cold water, bring slowly to boil, cook gently for another two or three minutes, and transfer to a basin of cold water, where they should stay till they are quite cold—or wash under a running tap, or in several changes of water, until quite cold. Drain and dry well. This preliminary process is known as blanching, and makes the sweetbread firm and white.

Put blanched sweetbreads in a saucepan with sufficient cold water or white stock to cover them, add a little salt, bring to boil, then stand aside to simmer gently till tender—about 45 minutes. Drain, cut in slices and serve with Sauce Béchamel poured over (see SAUCES). Garnish with truffles and stewed button mushrooms. A delicious Entrée.



VEAL.

The side of a calf, exterior and interior views, showing the manner in which it is divided up by the butcher and the names of the various joints.

VEAL—*Continued.*

FRIED COURSES.

Calf's Liver à la Maître d'Hôtel.—Cut liver in slices about half an inch thick. Melt a piece of butter in frying-pan, put in slices of liver and fry for about a quarter of an hour, turning from time to time. You can prick the liver with a fork to test whether it is done; when it is sufficiently cooked, no blood will ooze from the prick-holes. Serve slices of liver on a hot dish with a Maître d'Hôtel Sauce poured over them. The sauce should be made with lemon juice (see SAUCES).

Liver and Bacon.—Heat pan, but do not put in any fat. Fry slices of bacon in heated pan, and when they are cooked to your taste transfer them to a hot dish. Cut liver in slices and fry in the bacon fat.

Fried Sweetbread.—Blanch and boil sweetbreads in accordance with instructions previously given in these recipes; drain; cut in slices and fry in butter or dripping. Serve with a purée of spinach, or plain-boiled green peas (see VEGETABLES, TO COOK).

STEWES.

Blanquette de Veau.—Any part of veal suitable for stewing, preferably breast. Cut into small pieces, and put them into a saucepan with boiling water to cover them; add a little salt. Bring to boil, then simmer gently for 20 minutes. Drain meat from liquor.

Make the Blanquette: Melt 2 oz. of butter in a saucepan and stir in two tablespoonfuls of flour; add about a pint of the liquor in which

the meat was boiled, salt, pepper, two or three bay leaves, a sprig of parsley and thyme.

When the Blanquette is well incorporated put in the pieces of veal and some small onions, and leave to cook gently for about 1½ hours. Three-quarters of an hour before serving add some button mushrooms. Serve the meat in a deepish dish, with the sauce round or over it. A little lemon juice can be added to the Blanquette if liked, and you can garnish the sauce with triangular pieces of dry toast or with croûtons of bread fried in butter.

THE ART OF USING UP THE PIECES.

Blanquette de Veau.—Proceed in same way as if fresh meat were being used (see preceding recipe). But omit preliminary boiling; if, therefore, you have no suitable stock with which to make the Blanquette, use water or milk and water.

Croquettes de Veau.—Cut meat from bone, remove all skin and gristle, and mince fine; add a little salt, pepper and chopped parsley. Melt a piece of butter in a saucepan, stir in a tablespoonful of flour, add some chopped mushrooms, and cook until latter are tender—about 20 minutes. Do not put lid on pan. Now stir in the minced meat; the mixture should be only moist, not at all liquid, so, if it is not sufficiently dry, cook for a few minutes longer, with the lid off pan, to allow sauce a further opportunity of evaporating; or, of course, you can add more minced meat, if you have a surplus, to bring the mixture to the required consistency.

Stand mixture aside to cool, and when cold add the yolk of an egg. Shape into small, thick sausages, dust them with flour, roll them in beaten up egg and then in bread-crumbs. Fry in hot butter or dripping, and serve very hot.

Or,

Serve as Turnovers in pastry: Roll out pastry very thin, lay on it at intervals in a straight row small portions of the farce as prepared for croquettes, placing the farce at a sufficient distance from top edge of pastry sheet to allow the pastry to be turned over. Cut round "stuffed pastry" so as to form a number of little semi-circular rolls, moisten edges of pastry so that you can securely press together the "envelopes" containing the farce, and bake for a few minutes in a moderate oven; or cook by frying.

Kidney or Liver Omelet.—

It may happen that there is some kidney left in yesterday's roast loin, or a slice of liver over from yesterday's dish of liver and bacon. Cut kidney or liver into small dice. Melt a piece of butter in a frying-pan, and toss the dice in it so as to warm without shrivelling them. Now turn into the pan some well-beaten eggs, and fry the omelet to a nice golden-brown colour.

Pain de Veau.—See BEEF, under recipe for *Pain de Bœuf*.

Tranches de Veau en Mayonnaise.—Cut off some slices from cold joint, and serve cold with garnishing of any left-over gravy, which should naturally have set into a jelly. Hand round in sauce boat a Mayonnaise sauce (see SAUCES).

VEGETABLES, TO COOK.

CHOICE.

All vegetables should be fresh gathered, and the younger they are the better they will taste.

TIME-TABLE FOR BOILING.

Asparagus	20 to 25 mins.
Beans, broad	15 ,, 30 ,,
,, French	15 ,, 25 ,,
,, runner	20 ,, 30 ,,
Beetroot, big	2½ ,, 3 hrs.
,, small	1½ ,, 2 ,,
Broccoli, big	20 ,, 30 mins
,, small	10 ,, 15 ,,
Brussels Sprouts	15 ,, 20 ,,
Cabbages	20 ,, 30 ,,
Cardoons	40 ,, 50 ,,
Carrots, new	20 ,, 30 ,,
,, old	1 ,, 1½ hrs.
Cauliflowers	15 ,, 25 mins.
Celery	30 ,, 40 ,,
Chicory	15 ,, 20 ,,
Curly Kale	30 ,, 40 ,,
Globe Artichokes.	30 ,, 40 ,,
Green Corn	12 ,, 15 ,,
Jerusalem Artichokes	15 ,, 25 ,,
Leeks	30 ,, 40 ,,
Lettuce	10 ,, 20 ,,
Onions, medium size	1 ,, 1½ hrs.
,, Spanish	1½ ,, 2½ ,,
Parsnips	1 ,, 1½ ,,
Peas	10 ,, 25 mins.
Potatoes, new	15 ,, 30 ,,
,, old	20 ,, 35 ,,
Salsify	40 ,, 45 ,,
Savoys	30 ,, 40 ,,
Seakale	25 ,, 30 ,,
Sorrel	40 ,, 45 ,,
Spinach	20 ,, 30 ,,
Turnips, new	20 ,, 25 ,,
,, old	¾ ,, 1½ hrs.
Turnip tops	20 ,, 25 mins.
Vegetable Marrow, young	20 ,, 25 ,,

Boiling Vegetables, General Hints on.—**TIME**—The preceding time-table is designed to give you a working basis for making your calculations. Actual time depends on age of vegetables; roughly speaking, young and tender vegetables take about 20 minutes to boil, whilst old and toughish ones require at least 45 minutes.

VEGETABLES—*Continued.*

COLOUR.—Add a pinch of bicarbonate of soda to water to preserve colour of green vegetables.

METHOD OF COOKING.—The general rule is to put all vegetables into boiling water. Many people in this country put potatoes into cold water; when a servant tells you that every variety of potato you buy is “the kind of potato, Madam, that always boils soapy,” coax her gently into dropping the habit of putting the tubers into cold water to cook.

Salt should always be added to water in which vegetables are to be boiled; proportion about 1 table-spoonful salt to 4 pints water. Salt develops flavour of vegetables and helps to preserve their colour by raising the boiling point of water. Avoid rapid boiling for vegetables that by nature are inclined to go mashy—marrows, for instance; this does not mean the water must go off the boil. Details respecting the treatment of individual vegetables are given in the recipes.

DRAINING AND SERVING.—All vegetables must be drained directly they are cooked—failure to attend to this important detail is one of the main reasons why vegetables come to table in England swimming in water; directly your vegetables have been boiled tender, you want to encourage them, by putting them in the colander, to part with the water they have imbibed, not invite them to take up more superfluous liquid by leaving them in the boiling water to soak. You need not get flurried because your potatoes and greens are fully cooked several minutes before the meat is ready to serve—quite the reverse; put vegetables in a colander, cover with a plate or cloth and stand over an empty

saucepan at side of stove to drain, dry and keep hot.

Steaming Vegetables, General Hints on.—Steamed vegetables retain more flavour than boiled ones, but longer time must be allowed for cooking by this method; increase times quoted as guide to boiling by 5 or 10 minutes. This method is specially to be recommended for potatoes.

Stewing Vegetables, General Hints on.—A lengthy process but the superior results in way of flavour fully justify the extra expenditure of time and trouble. Use very little water, and cook in a covered vessel, so that vegetables may “stew in their own juice.” Details as to time, etc., will be found in the various recipes. The method is much more suitable for varieties such as celery, cardoons and onions than for green vegetables.

Vegetable Stock.—Do not thoughtlessly toss down the sink water in which vegetables have been boiled. By the time vegetables are cooked, such water has become nutritious stock, containing valuable salts, and provides an excellent base for soups and sauces.

Final Touches.—The custom of serving up plain boiled vegetables is, happily, limited to this country, and the sooner we lose this infamous distinction, the better it will be for our health and temper. After vegetables have been boiled and drained, it takes very little time and knowledge to transform them into a variety of appetising “*légumes à la française*,” by such simple devices as returning them to the empty saucepan, and tossing them in a bit of butter or dripping.

RECIPES.

ASPARAGUS.

Seasonable, April to June.

There are two general varieties, white and green; the white is usually considered the greater luxury, but the young sticks of the green variety are esteemed for certain special dishes. It is essential that asparagus be fresh gathered, and you need never be deceived in your choice. Fresh cut asparagus is firm, stale sticks are flabby.

Preparation—To boil for serving plain or for serving as main ingredient of numerous good dishes: Scrape fibrous end, and put sticks into cold water until required for cooking. Tie into bundles, with heads all one way and stalks cut evenly. Put into well-salted boiling water—a heaped teaspoonful of salt to one quart water, and boil gently till tender. About 20 minutes for young asparagus. Drain.

Asperges ■ Branches.—Serve plain boiled, hot, with melted butter, white sauce, mayonnaise, or egg and mustard sauce (see SAUCES); or, serve cold with mayonnaise.

Numerous people have become so accustomed by travelling to cold asparagus, that they prefer it to any method of serving this vegetable hot.

Asparagus Parmigiana.—Arrange layer of hot boiled asparagus on a silver or fireproof dish, dot with butter and sprinkle with grated Parmesan and a little salt and pepper; repeat layer and cheese, etc., and put in oven for 3 or 4 minutes. Use a green variety of asparagus for this dish and only as much of the sticks as is edible.

Asparagus Milanais.—Prepare as for *Asparagus Parmigiana* and serve with a top layer of fried eggs.

Braised Asparagus.—Use the young and tender shoots of green variety of asparagus. Cut into inch lengths and boil for 5 minutes. Strain. Put par-boiled pieces into a casserole with a piece of butter, a pinch of sugar, and very little water. Cover casserole and cook slowly for about half an hour. Stir in a little flour (previously mixed to a paste) and, just before serving, add beaten-up yolk of egg.

AUBERGINES.

Seasonable, July to October.

The aubergine or egg plant should only be eaten when it is perfectly ripe, otherwise it is very indigestible. It is never served plain boiled.

Aubergines Farcies.—Cut in halves lengthways and scoop out part of the centre, without damaging the skin, to make room for the following stuffing:

Put pulpy part of aubergines, removed from centre, in a bowl with salt, pepper and a dash of vinegar; leave to stand for an hour.

Heat in a casserole a good spoonful of oil, add chopped parsley, chives, an onion or two, mushrooms,—cook for a few minutes, add aubergines from bowl. Fill up centres of aubergines with this farce, arrange the stuffed vegetables on a fireproof dish, dust over with breadcrumbs, sprinkle with oil or dot with butter, and cook in a hot oven for 20 minutes.

Fried Aubergines.—Peel aubergines and cut them in rounds about half an inch thick. Dip them in batter (see PASTES AND PASTRY), and fry. Drain, and powder with sugar or salt.

Aubergines à la Turque.—Prepare as for *Aubergines Farcies*, but mix with the farce a little boiled

VEGETABLES—*Continued.*

rice and serve the stuffed aubergines covered with tomato sauce.

BEANS, BROAD.

Seasonable, June to August.

Full-grown ones are not worth the trouble of cooking. It is not to be wondered at if hitherto you have disliked this vegetable, for it is the custom in this country not to gather broad beans until they well fill the pod. If you have not a garden of your own, and your greengrocer cannot supply you with broad beans that have been picked well in the young stage, beg from your friends who have a kitchen garden.

Broad Beans à la Poulette.—Shell and put into salted boiling water. Water should completely cover beans. Do not put lid on saucepan. *Time of boiling*: about 20 minutes from time water begins to boil again after beans have been put in.

Meanwhile, prepare some *Sauce Poulette* (see SAUCES), but omit yolk of egg and chopped parsley at this stage.

Well drain the beans, put them into the sauce and sprinkle with chopped savory, an aromatic herb. Heat up, and just before serving add chopped parsley. Stir in the yolk of an egg beaten up with a little cream.

BEANS, FRENCH AND RUNNER.

Seasonable: French beans, June to August; runner beans, July to October.

Both French and runner beans should be freshly gathered, and so young that it is only necessary to top and tail them.

Beans Maître d'Hôtel.—Put beans into boiling salted water. Do not put lid on pan. When beans are tender, drain them. Melt a

piece of butter in saucepan, put in drained beans with a little salt and pepper, and toss them in the melted butter. Serve with chopped parsley.

Beans à la Crème.—Prepare in the same way as *Beans Maître d'Hôtel*, but omit parsley. Serve as a separate course in a ring of new potatoes. Fresh cream should be handed round with this course.

BEETROOT.

Seasonable, July to March.

Wash well, but do not peel; cook in boiling salted water. Never use a fork for ascertaining whether the root is cooked tender, as any piercing of the flesh will cause the beet to bleed and lose its colour; test by lightly pressing skin with thumb—if skin begins to peel off, the beet is cooked. Drain and leave to cool before peeling for salad.

BROCCOLI.

Seasonable, October to June.

Strip off outer leaves. Cut inner ones level with flower, cut stalk close to bottom, and slit it up crossways. Stand head downwards in a bowl of cold salted water for about an hour, to draw out any little grubs or insects that may be hidden away.

Stand to cook head upwards in boiling salted water. Do not put lid on pan. Boil gently. Drain well. Serve with a white sauce.

BRUSSELS SPROUTS.

Seasonable, November to March.

They should be very small, quite firm and green; yellow leaves indicate stale sprouts.

Brussels Sprouts au Naturel.—Thoroughly wash, cut off stalks and remove any outside leaves that are at all crumpled. Stand for an hour in cold salted water, as with broccoli. Cook in boiling salted

water to which a pinch of bicarbonate of soda has been added; water should completely cover sprouts. Do not put lid on saucepan or sprouts will turn yellow.

When sprouts are cooked, drain them and return them to saucepan with a little lump of butter, some chopped parsley, salt and pepper—toss until the butter is melted and serve piping hot.

Brussels Sprouts à l'Italienne.—Prepare as for *Sprouts au Naturel* to the stage of draining. Then make a little sauce in stew-pan by melting some butter or dripping (say 2 oz. fat for 2 lbs. sprouts), stirring in some flour (about 1 tablespoonful), adding a few tablespoonfuls of stock, a little salt and pepper, and some grated cheese—flavour is improved by a few drops of lemon juice. Put sprouts in with sauce and shake until they are well heated.

CABBAGES.

Seasonable, all the year round.

Trim stalk, remove outer leaves, cut in quarters, stand to soak in cold salted water as with broccoli.

Cook in boiling salted water, to which a pinch of bicarbonate of soda has been added. After 3 or 4 minutes throw away the first water and transfer cabbage to a fresh lot of boiling water. By resorting to this simple method you will prevent your house being impregnated with the smell of greens. Do not put lid on saucepan.

Chou nu Naturel.—When cabbage is quite tender, drain thoroughly, chop finely and return to saucepan with a piece of butter and a little salt and pepper. Serve piping hot.

Chou Farci.—Partly boil the leaves of a young and tender cabbage until they are sufficiently

pliable to roll without breaking. Lay them out on a dish and roll in a farce of minced meat, seasoned with salt and pepper, or flaked boiled fish. Tie round and complete cooking in a casserole in the oven—you must put in the casserole with the cabbage a little butter or a little stock. Keep the casserole covered, and cook very gently for 2 or 3 hours.

CARDOONS

are similar to celery in appearance and nature.

Seasonable, October to March.

Cardons à la Moelle.—Cut inner branches into 4-inch lengths, peel like celery, and put immediately into cold water with a dash of vinegar to prevent discoloration.

Transfer to boiling salted water, and boil for 5 minutes after water again comes to the boil.

Now put in 1 stew-pan, on a bed of fat bacon, and add chopped onion, 2 or 3 bay leaves, a sprig of thyme and parsley. Cover with good stock, and leave to simmer gently until cardoons are quite tender (about an hour). Strain off sauce and thicken it with fresh cream or with beaten-up yolk of egg. Serve cardoons with sauce covering them, and in a ring of croûtons garnished with hot marrow from beef bones. This is a *recherché* dish which should be served separately, and is very suitable as one of the later courses at a dinner party.

For further ways of preparing cardoons for table, see recipes under *Celery*, pp. 324-325.

CARROTS.

Seasonable, all the year round.

Young carrots should be washed and scraped; old ones washed, peeled, and cut into quarters or slices.

VEGETABLES—*Continued.*

New Carrots, Green Peas and New Potatoes.—Boil carrots whole. Boil peas in same water, but do not put them in until carrots are par-boiled; time for carrots about half an hour, but peas only need about 20 minutes. Par-boil (partly boil) some small new potatoes of equal size, in another saucepan, and when they are about half cooked put them in with the carrots and peas (the potatoes must be par-boiled separately, so that they have a sufficiency of water in which to cook, thus avoiding risk of swamping the carrots and peas). Finish boiling potatoes with the carrots and peas. Thicken with a little flour some of the water in which vegetables have been cooked, add a piece of butter and some chopped parsley, and serve with the mixed vegetables. A very good luncheon course.

Carottes au Naturel.—If young carrots are used cut off green tops, wash, scrape and boil whole; if old ones cut off green tops, wash, scrape or peel, cut away any defective parts, and divide lengthways into halves or quarters. Put into boiling salted water and cook till tender. Drain. Return to saucepan with a piece of butter and toss till butter is melted.

Carottes au Naturel can be used as the base of numerous good dishes, that can be served with meat or as a separate course. For instance, flavour is enhanced by addition of parsley sauce (see SAUCES).

New Carrot Pudding.—Equal quantities of mashed potatoes, and new carrots boiled and passed through a sieve. Add to the purée some dry custard powder (1 tablespoonful of custard powder to 1 lbs. purée). Mix together with two yolks

of eggs. Put in a greased mould, cover with greased paper, and steam for 15 to 20 minutes.

CAULIFLOWERS.

Seasonable, May to October.

Cauliflower au Naturel.—Prepare and boil in precisely the same way as *Broccoli* (see p. 322). Serve with white sauce.

Cauliflower au Gratin.—Prepare as for Cauliflower au Naturel. Divide boiled cauliflower into medium-sized bouquets, and arrange these in a well-buttered fireproof dish. Mix some grated cheese, Parmesan or Gruyère for choice, with some cold white sauce. Also mix some grated cheese with some breadcrumbs, preferably bread that has previously been baked brown in the oven (*proportions*, 1 pint white sauce, 1 to 1½ tablespoonfuls grated cheese, 1 tablespoonful breadcrumbs). Pour sauce over cauliflower, sprinkle mixed breadcrumbs and cheese over surface, and dot over with little bits of butter. Bake in a moderate oven until of a nice golden brown.

CELERY.

Seasonable, October to February.

Boiled Celery with White Sauce.—Cut off green leaves, and remove any outer portions that are inclined to be coarse or unsightly—do not throw these away, as they are excellent flavouring for stock. Trim root and cut best part of head into halves or quarters. Wash thoroughly. Put into boiling salted water, and keep celery well under the water to prevent discoloration. Boil till tender, drain, return to saucepan with a piece of butter or dripping and shake till fat is melted. Serve with white sauce (see SAUCES).

Céleri au Jus.—Prepare for boiled celery up to the stage of draining.

Melt a piece of butter, in saucepan and add a tablespoonful of flour. Stir well. When flour turns brown add half-pint stock (some of water in which celery has been boiled can be used if you have no richer stock in hand), and a little brown gravy or a few drops of brown colouring. Season with salt and pepper, and boil for a quarter of an hour or twenty minutes. Put drained celery into this sauce about ten minutes before serving.

This dish is also very good if prepared with celery cut into short lengths. The cutting up should be done prior to the preliminary process of boiling.

Céleri au Jus, in half-heads, quarters, long strips or short strips is delicious served with hot meat, particularly beef and veal, or a separate course.

Céleri au Gratin.—Prepare in the same way as *Cauliflower au Gratin*.

NOTE.—*This vegetable is commonly eaten raw, served with cheese. However pleasing you may find this national custom, do not allow it to limit your use of the vegetable, for cooked celery can be eaten by people who cannot digest the crisp raw heads, and offers you attractive and economical ways of varying your daily menu.*

CHICORY.

Seasonable, June to January.

Chicory is a national Flemish dish, but in this country the vegetable still ranks as a luxury which can only be obtained from first-class greengrocers. It is sold ready blanched.

To Boil, for serving plain with white sauce poured over it, or for using one of the principal in-

gredients of various appetising dishes:

Wash thoroughly, but do not break into pieces. Put into boiling salted water, and cook till tender. Drain well. Serve with white sauce (see SAUCES).

Chicory and Eggs.—Prepare as for boiled chicory. Lay drained chicory in pie-dish, and sprinkle it with a few drops of boiling vinegar, to minimise bitter taste; add a little grated cheese, hard-boiled egg chopped fine, sprinkle with baked breadcrumbs and dot over with butter. Bake in oven for four or five minutes. Serve with poached eggs on top.

CURLY KALE.

Seasonable, November to March. Cook like *Cabbages*.

GLOBE ARTICHOKE.

Seasonable, May to October.

To Boil.—Cut down stalk and remove any tough or withered leaves at base. Wash well under running water. Put the artichokes base downwards into boiling salted water, enough water to reach about three-parts way up. Keep lid off pan, and boil quickly till tender. They are cooked when lower leaves can be easily detached. Drain and serve with white sauce, vinaigrette sauce or oiled butter.

The French method is to boil a bunch of savoury herbs with these artichokes.

Artichauts Farcis.—Boil. Remove crown; it comes away easily if you hold the artichoke by the base with one hand, and taking the top circle of leaves with the other hand, you give a gentle pull upwards. Scoop out the shallow fibrous circle at interior of base. Fill with a farce of minced veal, chicken, or

VEGETABLES—*Continued.*

chicken and ham (see **FORCE-MEATS**). Return crown, dot with butter, and re-heat in a closed casserole in moderate oven. Serve with slices of lemon. A very *recherché* separate course.

NOTE.—*Very small sized globe artichokes are served raw, and eaten with a vinaigrette sauce.*

See also **SALADS**.

GREEN CORN.

Seasonable, May to July.

Peel off all husk with the exception of inner layer, which should be stripped down, but not removed. Pick off all the "silk" surrounding corn. Fold back into position inner layer of husk, and tie round this natural covering. Put the ears into boiling water—they should be completely submerged. Boil gently, remove ties, and serve with oiled butter, well seasoned with salt and pepper.

JERUSALEM ARTICHOKEs.

Seasonable, October to March.

To Boil.—Wash, peel and put immediately in cold water and a dash of vinegar to prevent discoloration. Put into boiling salted water containing vinegar in the proportion of 1 teaspoonful to 2 pints of water. Boil gently. Drain well. Serve with white sauce.

NOTE.—*Jerusalem Artichokes have a better flavour if boiled or steamed in their skins, but they are then of a greyish hue which is unappetising to people who appreciate the appearance as well as the flavour of dishes set before them. One or other of these methods can, however, be followed to advantage if the artichokes are subsequently to be fried.*

Fried Artichokes.—Boil, peel, cut in slices, dip in batter (see **PASTES AND PASTRY**), and fry.

LEEKs.

Seasonable, November to March.

Trim roots, cut off green ends, and remove outer leaves. Put into salted boiling water, containing a dash of vinegar to prevent discoloration. Boil gently. Drain well. Serve with oiled butter or white sauce (see **SAUCES**). As it is difficult to drain leeks thoroughly, they are usually served on a large slice of bread or dry toast, which absorbs superfluous moisture during transit of leeks from kitchen to dining-table.

LETTUCE.

Seasonable, May to December.

Cooked lettuces are a novelty to most people in this country. Everyone who tries them for the first time is sorry to have lived so long without having sampled them before.

Besides being of particularly delicate flavour, this vegetable has the added virtues of being very digestible and good as a blood purifier.

Wash lettuce thoroughly and cut in halves or quarters but do not separate the leaves. Put into boiling salted water and cook till tender. Drain thoroughly. Return to saucepan with a bit of butter or dripping and shake till fat is melted. Serve piping hot.

MUSHROOMs.

Seasonable, all the year round.

Choice depends on purpose to be served. For grilling or stuffing large sizes are required; for garnishing or for serving in sauces or stews the small round close knobs are preferable, whilst for serving in soup size is not a matter of importance.

Champignons à la Crème.—Use button mushrooms; peel off

outer white skin and cut off ends of stalks. Melt a piece of butter in a saucepan, put in mushrooms, add a little salt and pepper, cover and cook gently for about half an hour. Serve with Sauce Béchamel (see SAUCES).

Mushrooms on Toast. — Use large mushrooms; peel, and cut off part of stalk, season with salt and pepper and fry in hot butter. Serve on hot buttered toast.

Spiced Mushrooms. — Use button mushrooms for preference, but any size will serve the purpose so long as all are sufficiently uniform in dimensions to cook evenly.

Put in a saucepan a piece of butter, and when it is melted stir in a little flour. Now add some milk—proportions of flour and milk should be just sufficient to make a thin sauce, say, a dessertspoonful of flour to half-pint of milk. Stir to bind the sauce. Add salt, pepper, grated nutmeg, 2 or 3 cloves and a little cinnamon and mace. Put in mushrooms and stew very gently till tender. *Time*: about half an hour, more or less according to size of mushrooms.

ONIONS.

Seasonable, all the year round.

Peel to prepare for cooking.

To Boil. — Put peeled onions into *cold* water, with a little salt. Bring to boil and cook gently. As a means of modifying strong flavour of this vegetable, you can change the water during the boiling process; the change should be made after the onions have come to the boil in first lot of water, which, as already stated, should be cold at the outset of the cooking process; but when the transfer is made, the second lot of water must be boiling, in order not to interrupt the cook-

ing. The extra trouble is hardly worth while unless you are dealing with very highly-flavoured onions, or cooking for a supersensitive family; the purpose of subjecting this vegetable to the exceptional treatment of being put in cold water to start cooking, is to extract some of the strength of flavour and odour.

Stewed Onions. — Par-boil onions. Drain. Transfer to a stew-pan, put in some brown stock, cover closely, and simmer gently for 1 to 1½ hours.

Baked Onions. — Par-boil onions. Drain. Transfer to a baking-tin liberally supplied with dripping. Bake in a moderate oven for 1½ to 2 hours, basting frequently. The onions should be a nice deep brown colour, without being burnt, and must also be cooked right through.

Onions may be baked without being par-boiled, but in this case take a longer time.

Stuffed Onions. — Par-boil. Drain. Take out centres and chop fine. Mix chopped onion with minced meat, salt, pepper and a little dripping. Fill this farce into hollow made by scooping out centres, sprinkle over top of farce with breadcrumbs and proceed as for *Baked Onions*.

NOTE—*Spanish or other varieties will serve your purpose equally well, whatever that purpose may be.*

PARSNIPS.

Seasonable, November to March.

To Boil. — Wash, scrape, cut out any blemishes, and divide into quarters. Put into boiling salted water, and boil rapidly till tender. Serve with salt fish, salt pork or salt beef.

Creamed Parsnip Pie. — Cut cooked parsnips into dice. Put dice into a buttered pie-dish with a

VEGETABLES—*Continued.*

little salt and pepper and herbs to taste. Pour over some white sauce. Add a top crust of mashed potatoes so that pie can be browned. Bake in a moderate oven.

A Creamed Pie can be made as above with any cooked vegetables, one variety or mixed, and equally well with vegetables left from a previous meal, as with a supply specially cooked for the purpose.

PEAS.

Seasonable, June to October.

Young peas are delicious even if they are only plain boiled, but it is well worth while taking the little extra trouble that makes them a dainty of dainties amongst all vegetables.

Peas au Naturel.—Shell, taking care to throw out any grub-eaten specimens. Wash lightly. Put into boiling salted water and add, or omit, to taste, a sprig of mint. Cook till tender, but do not allow peas to go mushy. Drain. Return to saucepan with a good lump of butter and a sprinkling of sugar; shake gently till butter is melted.

Or, try this variation of the method, which means rather more time and trouble, but works like magic on the flavour of the peas:

Put *shells only*, previously washed, into *cold* water with a little salt, bring to boil, then stand aside to simmer gently for two or three hours. Strain off this water in which shells have been cooked, and in it boil your peas—it must, of course, be brought to the boil before you put your peas in.

Purée of Peas.—When peas have been allowed to grow big, or are not absolutely fresh picked, it is better to serve them as a purée. Boil as for *Peas au*

Naturel, to stage of draining, and over-boil rather than under-boil. Rub boiled peas through a sieve, assisting their passage by moistening them with some of the water in which they have been boiled. Having well-drained out your saucepan or casserole, put in the purée with a bit of butter and a little salt and pepper. Heat up and stir well to mix ingredients thoroughly and to prevent burning.

Purée of peas can be served as a separate dish with croûtons of fried bread, or as a vegetable course to accompany hot meat; in the latter rôle it is particularly good to eat and attractive in appearance when it forms a mounded bed supporting mutton or lamb cutlets.

POTATOES.

Seasonable, all the year round.

To Boil.—(a) *New*—Choose potatoes of even size; wash them. Rub, scrape or brush off skins, but do not peel with a knife. If not to be cooked immediately put them to wait in cold salted water, to prevent discoloration. Put into boiling salted water, and add or omit, as you please, a sprig of mint. Try with a fork to test if done. When potatoes are tender, pour away water and leave them to dry by side of fire with lid of saucepan partly off. When quite dry dish up in a hot vegetable dish with a nice piece of butter, and sprinkle with chopped parsley.

(b) *Old*—Wash and peel, and if not to be cooked immediately put them to wait in cold salted water to avoid discoloration. As with new potatoes, it is important that old ones for any one boiling should be of equal size, to ensure even cooking; avoid cutting potatoes to bring about evenness of size: cut

potatoes for serving plain boiled are never as nice as whole ones.

Proceed as for new potatoes, but omit butter and parsley.

NOTE.—See introductory notes to Vegetables, re starting potatoes to cook in cold water or in boiling water.

To Steam.—Prepare as for boiling. Cook in a steamer over boiling water, taking care to see from time to time that water in boiler has not completely evaporated. If necessary to replenish boiler, do so by the addition of boiling water.

Potatoes in their Jackets.—The most nourishing part of the potato lies just under the skin, and as peeling means wasting good food or giving it to the pigs, it is an economy to cook potatoes in their jackets. Economies are not always compatible with taste, and grown-up people who do not care for their potatoes served *en robe de chambre* every day of the week are not open to censure as extravagant gourmets in normal times, but potatoes in their jackets should figure prominently in schoolroom cookery.

To Boil or Steam.—Wash thoroughly. Proceed as with peeled potatoes. Serve them with skin on in a table-napkin, and cover them to keep them hot. Good butter should be handed round with them.

To Bake.—Put well-washed potatoes in a hot oven. Time of cooking depends on size and variety, roughly from one to two hours. The oven should be hot enough to cook the potatoes fairly quickly, and yet right through; naturally, fierce heat would scorch them, but on the other hand they shrivel if they are left in oven for an excessively long time. Turn potatoes from time to time while they are baking.

MASHED POTATOES.—The name is

not applicable to a mixture of coarse flakes and solid lumps. If you are serving mashed potatoes, do yourself the justice of showing you know the meaning of the term by taking the trouble to send to table a creamy white foam that melts in the mouth. Boil, rub through a colander or sieve, (a colander makes the work easier and gives quite sufficiently good results), add a piece of butter, a little salt, pepper and milk. Beat well so that the purée is light. Care must be taken to add milk with a light hand, so that the purée does not lose its consistency and become sloppy. Heat well before serving.

For a very superior purée include a raw egg, which should be broken into the purée at the time of adding salt and pepper.

Fried Potatoes.—Peel, wash, wipe dry, and cut into long slices, fingers or rounds, not too thin. Melt, in a large deep pan, sufficient beef dripping to provide a bath of fat. When fat begins to smoke put in a portion of your prepared potatoes—not too many at a time, they should not overlap. Turn over from time to time with a wire ladle. In about ten minutes they should be of a beautiful golden hue. Take them out with your wire slice and stand them on a wire sieve to drain—meanwhile proceed to cook a second portion, and so on until all are finished. Sprinkle with fine salt before serving.

Sautéed Potatoes.—Use hot or cold boiled potatoes. Cut in rounds, rather thick, and fry in a frying-pan. Any kind of good clarified fat can be used; unlike fried potatoes, sautéed potatoes should not be submerged in fat for the cooking process.

Roast Potatoes.—If potatoes are to be roasted with meat, proceed

VEGETABLES—*Continued.*

in accordance with hints given in recipe for *Ribs or Sirloin with Baked Potatoes*, under BEEF. If to be cooked apart from meat, melt some fat in a baking-tin, put in par-boiled potatoes, and bake in oven, basting frequently, in same way as if they were sharing the tin with a joint.

Stuffed Potatoes. — Choose large potatoes and bake them in their jackets (*see previous recipe*). Lay them lengthways on a dish, remove a circular piece of skin from centre, and scoop out a hollow. Into this hollow break an egg, sprinkle with salt and pepper. Replace in oven and cook for a few minutes till egg is set. Or, mix portion scooped out with minced meat and herbs, season with salt and pepper, fill into hollow, sprinkle with baked breadcrumbs; dot over with butter and replace in oven for a few minutes; or, use sardines or any remains of cold boiled fish for mixing with the scooped-out portion to make the farce.

Stoved Potatoes. — An old-fashioned and homely Scotch dish, very nourishing and much appreciated by children.

Ingredients — 1 dessertspoonful dripping, 1 dessertspoonful chopped onion, 1 tablespoonful cold water, 1 teaspoonful salt, dash of pepper, 1½ lbs. peeled and thickly sliced potatoes.

Put all ingredients in a saucepan, with sliced potatoes on top (as for Irish stew). Bring to boil and cook slowly for 20 to 30 minutes. The potatoes should be soft but not broken. Butter and margarine are not suitable for this dish. But "Stoved Potatoes" are excellent made with shredded suet, or the fat trimmings of cold roast beef;

or trimmings of suet or fat which has been rendered for dripping.

Potato Balls or Croquettes. — Boil and mash potatoes, or use any cold mashed potatoes left from a previous meal. Season with salt and pepper; and add or omit, as you please, chopped parsley and chives. Break in an egg, or add a little milk, or include a piece of butter — these additions are in the nature of delicacies and are optional. Mix well, shape into balls or croquettes, roll in egg and then in breadcrumbs and fry in hot butter, dripping or oil until of a nice golden brown hue. Drain and serve.

Potatoes can be used as the main ingredient of numerous sweet dishes that are very tasty and particularly wholesome. Here are a few hints:

Potato Cheesecakes. — *Ingredients and Quantities* — 6 oz. cooked floury potatoes, ¼ lb. sugar, 2 oz. butter, ¼ lb. raisins, 1 oz. chopped peel, 1 egg. Beat the potatoes till smooth, add butter, sugar, chopped peel, stoned raisins and beaten egg. Mix well. Line patty tins with pastry (*see PASTES AND PASTRY*), and fill in with mixture. Bake in a moderate oven till brown. *Time*: about 15 minutes.

The addition of chopped almonds is an improvement, and sultanas or currants can be substituted for raisins.

Potato Custard. — A very good dish for children. Mix with 1½ lbs. of hot mashed potatoes, a well-beaten egg, and a pinch of salt. Put a bottom crust of this mixture in a fireproof dish, and arrange a rim round it. Fill in with custard, and bake in a moderate oven for 20 to 25 minutes.

Potato Tea Cakes.—*Ingredients*

—1 lb. hot mashed potatoes, 1 white of egg, 2 oz. chocolate, $\frac{1}{4}$ lb. ground or chopped nuts. Melt chocolate, beat up white of egg, and add melted chocolate to white of egg. Thoroughly incorporate this mixture with the hot mashed potatoes and stir in nuts; use a wooden spoon for mixing. Fill into tea cake moulds or ramequin cases. Decorate with a piece or two of nut, and bake in a moderate oven for 10 to 15 minutes.

SALSIFY.

Seasonable, November to March.

Scrape salsify gently, so as to remove outer skin only. Immediately roots are scraped, put them into a bowl of cold water containing a little vinegar to prevent discoloration (teaspoonful vinegar to 2 pints cold water). To cook the salsify, put it into boiling salted water, and boil quickly till tender. Drain and serve with white sauce (see SAUCES). Or, dip in batter and fry—whole, cut in halves lengthways, or in chunks (see PASTES AND PASTRY).

Fried salsify is particularly good served with egg fritters—boil eggs hard, cut in quarters, dip in batter and fry.

SAVOYS.

Seasonable, August to March.

Cook like *Cabbages*, see p. 323.

SEAKALE.

Seasonable, February to June.

A delicacy akin to asparagus. Well wash, cut out any blemished portions, tie into small bunches, put into boiling salted water, and boil quickly till tender. Drain, untie, and serve with oiled butter or white sauce.

SORREL.

Seasonable, May to October.

This vegetable reduces very considerably in cooking, even more so than spinach. Be careful, therefore, to allow sufficient to go round at table—at least $\frac{3}{4}$ lb. per head.

Reject bruised or old leaves. Cut off stalks and wash well in several changes of water. Put in open pan, with no more water than adheres to the leaves after washing. Stand to side of fire and leave to shrink. When it is shrunk to about half the original quantity, add a piece of butter and leave to cook gently until tender. Pass through colander, and add the yolk of an egg mixed with a little milk. Season with salt and pepper, re-heat, keeping well stirred, but take care not to let purée actually come to boil, or egg will curdle instead of acting as a liaison to the purée. Serve as a bed for hard-boiled eggs, slices of hot ham, or fricandeau of veal.

SPINACH.

Seasonable, all the year round.

Prepared in same way as sorrel, but method of cooking is different. Cook in boiling salted water for 5 minutes, then take out and plunge into cold water. Press out water by squeezing leaves over colander with wooden pestle. Melt a piece of butter in saucepan, stir in a little flour, and add salt, pepper and a very little stock. Put in spinach, and finish cooking in open pan. Pass through a sieve.

Or,

After preliminary boiling you can finish cooking spinach and transforming it into a purée in the same way as if dealing with sorrel.

VEGETABLES—*Continued.*

TOMATOES.

Tomatoes, Baked.—Put whole or in halves in a baking-tin; if whole, prick to prevent bursting. Season with salt and pepper, dot over well with butter and bake for about half an hour, more or less according to size, variety and ripeness. If baked in halves, sprinkle over with breadcrumbs before dotting with butter.

Tomatoes, Fried.—Cut in halves or thick slices, sprinkle with salt and pepper, and fry in hot fat.

Tomatoes, Stuffed.—Slice off a thin piece from tops, scoop out centres and fill with meat, egg, or cheese farce (see **FORCEMEAT**). Sprinkle with crumbs of baked bread, dot with butter, and bake in a moderate oven. *Time*: as for *Baked Tomatoes*.

Tomato Purée en Coquilles.—Fry some chopped onion lightly in butter and add this, together with fresh breadcrumbs, to tomato purée to make a mixture which has the consistency of thick cream. Add or omit, as you please, some grated cheese, preferably Parmesan, season with salt and pepper. Fill into buttered scallop shells. Sprinkle with baked breadcrumbs, dot with butter and bake for about 10 minutes in a moderate oven.

You can use for this dish some of your home preserved tomato pulp, or you can buy ready prepared tomato pulp, or you can make the pulp as required with fresh tomatoes by peeling them, cutting them in pieces, and letting them stew in their own juice until they are soft enough to pass through a sieve or colander.

See **PICKLES, SALADS and SOUPS** for other recipes for using tomatoes.

TURNIPS.

Seasonable, all the year round.

Peel and throw into cold salted water; or, as many people would say of this plebeian vegetable, peel and throw away.

Put into boiling salted water, and boil gently till tender. Serve young turnips whole. Old ones should be mashed; when beating them up, add a little salt, pepper and milk.

TURNIP TOPS.

Seasonable, March to May.

Wash thoroughly, and cook till tender in boiling salted water. Drain and rub through colander, and prepare the purée in same way as sorrel or spinach. Plain boiled Turnip-tops à l'Anglaise are not fit for human consumption.

VEGETABLE MARROW.

Seasonable, July to October.

To Boil.—Peel, cut in quarters, scoop out seeds and pith, put into boiling salted water, and cook gently till tender. Drain well, and send to table on a thick slice of bread or dry toast, either of which will absorb the superfluous moisture during transit from kitchen to dining-table. Serve with white sauce or tomato sauce (see **SAUCES**).

Stuffed Marrow.—To prepare the farce: Thoroughly mix minced meat (uncooked meat for preference), chopped onion, half-teacupful of raw rice, dripping or chopped suet if meat is lean, pepper, salt, chopped parsley and other herbs to taste.

Peel marrow, cut into halves lengthways, and fill one-half with the farce; cover with other half and tie round securely with string.

Make some tomato sauce with chopped onion, tomato purée, and

a plentiful addition of beef dripping or other fat. The sauce should be made in a pan that is large enough to accommodate marrow. There should be sufficient sauce to permit of frequent basting.

Lay marrow flat in pan amidst the sauce and stew gently, basting frequently. *Time*: about ■ hours according to size, but never use any but young and small marrows for this delicious dish.

Flakes of cold boiled fish can be substituted in the farce for minced meat.

Marrow prepared in this way is a luxury as regards taste, costs very little, and is ■ pleasing contrast to the watery squash that is commonly served when marrow figures on the daily menu.

MISCELLANEOUS RECIPES FOR COOKING VEGETABLES.

Curried Vegetables. — Vegetables must first be cooked, hence ■ Vegetable Curry is a good dish for using up bits and pieces left over from a previous meal. Melt some butter in ■ saucepan, stir in flour and curry powder and cook gently for about 10 minutes. Add stock, bring to boil, simmer for a quarter of an hour. *Proportions*— 1 oz. butter, ■ tablespoonful flour, ■ tablespoonful curry powder, 1 pint stock. Put cooked vegetables into curried stock and warm them right through. Serve in a ring of boiled rice or of mashed potato. Fried onion, a few drops of lemon juice, ■ little jam, desiccated coconut, or some stewed apple are all tasty additions.

Fritto Misto Romano (Mixed Fry in the Roman Style). — Use cooked vegetables. Dip into batter and fry crisp and brown. Jerusalem Artichokes (whole), Potatoes (whole

or in moderately large pieces), Parsnips (in quarters or chunks), Celery (in 3 or 4 inch-lengths), and Cauliflower (small bouquets), are among the vegetables which are excellent for Fritto Misto Romano.

Steamed Vegetable Pudding.

— Bind some mashed potatoes as for croquettes. (An economical binding mixture can be quickly made by stirring a little flour into melted margarine or dripping, adding water or stock and boiling for 5 minutes. *Proportions*: equal weights of flour and fat and $\frac{1}{2}$ pint liquid to $\frac{1}{4}$ lb. solids, e.g. 2 oz. flour, ■ oz. dripping, $\frac{1}{2}$ pint liquid, which will bind enough potatoes for a pudding for 4 people.) Line a buttered basin with potatoes prepared as directed, in same way as if you were going to make a steak and kidney pudding. A fork will help you to put lining in position and make it of even thickness. Lining should be thick enough to be strong without being "stodgy." Fill in with any uncooked vegetables cut into small, shapely pieces, say celery, turnips, Jerusalem artichokes; omit or include leeks or onions, also herbs, according to taste. Season with salt and pepper. Cover with a crust of mashed potatoes. Tie over basin first a buttered paper, then a cloth. Steam for 1 to 1½ hrs. Serve with white sauce, tomato sauce or gravy (see SAUCES).

Vegetable Tarts. — Vegetable Tarts are a medium of serving vegetables in ■ novel form that affords a large variety of opportunities for dainty or substantial dishes that are attractive in appearance and very good to eat. The tarts should be of the open variety known as flans.

Line a flan tin with pastry (see PASTES AND PASTRY). Fill in with spinach purée, or potato purée, or

VEGETABLES—*Continued.*

carrot purée, or small boiled onions, or large boiled onions cut in halves. Bake for about $\frac{1}{2}$ hour—oven should be well hot when tart is put in, but heat reduced after about 10 minutes when pastry has risen. Serve as a separate course with good gravy or sauce; or lay poached eggs on a spinach tart, slices of boiled beef on carrot tart, etc.

A particularly good tart of this description can be made with peas, leeks, potatoes and hard-boiled eggs:—Boil vegetables; strain, cut up into shapely pieces, and mix with a very little stock. Season with salt, pepper and herbs. Boil eggs hard, and cut into slices or quarters. Put vegetable mixture into flan and bake. Garnish with egg just previous to serving, and pour over a Sauce Béchamel (see SAUCES).

See PRESERVING VEGETABLES, for recipes for cooking *Dried Vegetables*; also SALADS.

VEGETABLES, TO PRESERVE.

To Bottle, to Can, to Dry, to Pulp, to Salt,

see PRESERVING VEGETABLES.

VEGETABLE CUTTERS.

Vegetable cutters cost only a few pence, last for a long time, and add pounds worth of value to your food in the course of their lengthy career of usefulness. They can be bought in sets of various sizes, compactly accommodated within the compass of a little box.

Use them for stamping out your vegetables into picturesque pieces for soups, stews, salads and garnitures. Unshapely lumps of carrot and turnip may turn you against the dish in which they are served. Dainty morsels of such vegetables, nicely stencilled into decorative

patterns, make your mouth water, and that homely phrase means something much more than a mere figure of speech. When the appearance of food appeals to your eye your digestive juices immediately become spurred to activity, hence you get more nourishment from your food when your eye prepares your stomach to receive something good.

Besides the cutters designed for decorative purposes, there is the labour-saving class of these utensils, such as apple corers, potato peelers, carrot slicer or bean cutters. A variety of these labour-saving tools, in handy sizes, suitable for family use, can be obtained at a trifling cost. Improved designs and new inventions are frequently being placed on the market, and you will do well to keep your eyes open when you are visiting an ironmongery store for any innovation that may minimise the tedious work of preparing vegetables for cooking.

VEGETABLE CUTTING MACHINES.

Hand-worked vegetable cutting machines are an invaluable development of the utensils referred to in the previous paragraph. They are specially designed for use in schools, institutions, hotels or any community that is larger than the average family household.

The cost is infinitesimal in comparison with the work performed; the actual outlay is also small, varying roughly from a few shillings to £5, according to working capacity and nature of services rendered.

For instance, there is the machine that will pare potatoes, turnips, carrots, beet and parsnips with lightning rapidity; the machine

that will slice potatoes, carrots and beans, or cut up cabbage; the machine that will perform all the operations of washing, cleaning and peeling potatoes; the potato chipper, and numerous others of equal utility. Such machines not only economise labour, but they prevent waste in peeling, by removing the thinnest possible shaving that is compatible with the removal of the outer skin. This is a matter of outstanding importance in the case of a vegetable such as the potato, for machine-peeled potatoes retain all the most nutritious part, which lies just under the outer skin and is usually hacked off with the peel by the ordinary kitchen methods of paring.

VEGETABLE MARROW.

Recipes for Cooking,
see VEGETABLES, TO COOK.

VENISON.

Previous to cooking, venison should be hung for about two days, then soured for two or three days, and turned night and morning in a mixture prepared in the following manner:—

Put in a large pie-dish, or other dish big enough to accommodate meat and deep enough to hold soured mixture—oil and vinegar, in the proportion of three tablespoonfuls oil to one of vinegar; add two or three bay leaves, a bit of parsley, a sprig of thyme and a shallot or two, or a few slices of onion.

Always put venison in a *slow oven* for baking. *Time*: about $\frac{1}{2}$ hour

to the pound—say $2\frac{1}{2}$ hours for a joint of 5 lbs. and 4 to $4\frac{1}{2}$ hours for a joint of 10 lbs. Rapid cooking results in hard flesh, slow cooking in tender, succulent meat.

Venison left over from a previous meal can be made up into a variety of good dishes. Braised, with red currant jelly as flavouring to the stock used for moistening bed of vegetables in braising pan; curried; or heated in a sauce piquante (see CURRIES; and SAUCES).

VERMICELLI,

see MACARONI.

VINEGAR.

There are several kinds of vinegar, prepared respectively from red and white wines, malt, cider, and even wood. For refinement of flavour, the best quality wine vinegars have the place of honour, and should always be used for fine sauces, salad dressings, and filling the cruet.

Best quality pure malt vinegar is a useful alternative for pickling purposes, and by some people its flavour is preferred for all purposes.

But whatever be the purpose to which vinegar is to be put, avoid the ultra-cheap, coarse concoctions that are as unsavoury as they are sour.

In addition to the plain article, you can obtain specially flavoured vinegars, such as chilli vinegar, shallot vinegar and tarragon vinegar. Or you can make these specialties for yourself (see CAPSICUMS; and PICKLES).

W

WARDROBES,

see HOUSE, EQUIPMENT OF.

WASHING.

Although it is more elegant to talk of home laundry work, "washing" is still the popular—unpopular?—name for home-conducted soap and water operations on linen, underclothes or kindred fabrics.

Washing Day in the good "old times" sense of the name, is no longer a feature of the weekly routine in every household; indeed, there are now but few homes in whose régime it has its place. Some people may recall its existence with a sigh of relief that Monday or Tuesday no longer brings the inevitable cold mutton and rice pudding for dinner. Others may look with loving eyes on their new linen sheets, and regret that the circumstances and conditions of present-day life make it necessary for them to expose their fine linen to the risk of ill-treatment by a laundry. Whatever be individual feeling on the subject, we have to face the fact that the old-fashioned washing day is not a practical possibility in many a modern home.

At the same time, you should make every possible effort to have certain articles washed at home, however circumstances may be against you. Your house may not be fitted with a copper; but any receptacle, such as a galvanised bath or enamel bowl, can be specially reserved, as a substitute, for boiling small white articles,—handkerchiefs, kitchen cloths, etc.,—over the fire. You may not have

a garden in which to hang out clothes to dry, but for some things which need quick drying, such as flannels, a clothes-horse in front of the kitchen fire is better than an open-air drying-ground on most days of the year in a climate such as ours; besides, where there is not a garden in the country sense of the word, there is often an open space belonging to the back premises of the house which will accommodate a clothes-line. If servant or servants will not do the least bit of washing, you may be able to get in outside help, and to lend a hand yourself with washing or ironing, or both; but servants are often not so black as they are painted in regard to doing washing—the mistress who complains that they will not do a stroke often means that they will not tackle a big day's wash in addition to that day's usual work.

Arrangements should be made, wherever possible, for the following articles to be washed at home:

Flannels, handkerchiefs, stockings, dusters and kitchen cloths.

Minimum Equipment:

Bath or bowl to serve as Copper.	: Clothes Line.
Ditto to serve as Washing Tub.	: Flat Irons and Shields (2).
Ditto to serve as Rinsing Tub.	: Iron Holder.
Clothes Basket.	: „ Stand.
„ Horse.	: Ironing Blanket.
	: „ Sheet.
	: Pegs.

See also BLUE WATER; DUSTERS; FLANNELS AND WOVEN WOOLLIES; GLOVES; HANDKERCHIEFS; IRONING; KITCHEN CLOTHS; SOAP JELLY; and SOCKS AND STOCKINGS.

WASHING-UP.

Separate silver, knives, crockery and glass. In doing this, take care to lay forks and spoons alongside each other in such a way as to avoid risk of scratching; lay knives with blades all pointing the same way; remove any remains of food from plates and dishes and dregs from cups; fill with cold water any glasses that have been used for milk. Put some warm water into saucepans and suchlike cooking receptacles, and stand on stove. Turn out leaves from teapot.

First wash silver (see SILVER, CARE OF).

Proceed next to wash the china; cleanest things such as cups and saucers to come first in order of precedence. All china should be washed in hot soapy water, rinsed first in hot water, next in cold, and put to drain before being dried. A little soda may be added to the water to facilitate washing of greasy plates, and when washing of plates has reached the stage of the cold rinse, they can immediately be put up in the plate-rack if you have such a labour-saving convenience—but although they need not be rubbed for drying, they will need to be polished with a dry cloth before being used again. A handy utensil for making a washing-up lather is a wire cage for holding a piece of soap; it is fitted with a handle, by means of which you can swish the soap about in the water without steeping your hands. Use a medium-sized dish-cloth rather than a very big one, as latter is more conducive to breakages; better still, use a washing-up mop with a wooden handle, so as to save your hands.

Wash knives (see KNIVES, CARE OF).

Wash glasses (see GLASS).

The saucepans, etc., have meanwhile started to wash themselves, for they have been standing on the stove, and the clean warm water you put in them has been gradually getting hotter and soaking off grease or other deposits. Empty water from pans, give outsides of receptacles a preliminary cleaning by rubbing them with paper and, if necessary, remove any deposit of black from outside bottom by scraping with an old knife. Now proceed to wash insides of all pans thoroughly with hot water and soda if interiors are of iron, copper, enamel or tin; with hot soapy water if interior material is earthenware or aluminium—soda water may be used, if necessary, for earthenware, but no soda must be put in the water for cleaning aluminium. To facilitate washing, use a saucepan-brush or a scouring pad and some scouring material, such as silver sand, salt or one of the many patent preparations—the saucepan should not contain water when the scouring material is rubbed on, the latter being more efficacious if applied merely moist.

Next wash handles, lids and outside of pans, then thoroughly rinse inside and out with hot water and well dry. Rims of lids should receive special attention. The drying can be done with a coarse cloth, but should be finished off in case of iron, tin or tin-lined pans by standing receptacles upside down on rack of kitchen stove.

The so-called “nasty, dirty business” of washing-up becomes much less irksome if it is tackled systematically, if dirty things are not allowed to accumulate, and if plenty of hot water is available, together with helpful utensils and materials, such as a rinsing bowl as well as a

WASHING-UP—*Continued.*

washing bowl, plenty of clean cloths for drying, and a mop to save your hands from being continuously plunged into the water. By the way, do not grudge your servants, any more than yourself, materials or utensils that lighten the labour of washing-up; their hands, too, should be studied both for your own sake as well as theirs, for nothing is more of an eyesore than to have a servant about you with beefsteak hands.

But washing-up will always be head on the black list of household work until every home is equipped with a mechanical washer-up. Already such an apparatus has been installed in some of our leading restaurants, and amongst the latest inventions in labour-saving appliances for the house is a small machine which, it is claimed, will wash up in a few minutes dishes used at a three-course dinner for five people.

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It costs little, and can be obtained in handy household rolls specially designed for a simple fitting that can be affixed to door or wall of kitchen or storeroom.

Use it for lining cake-tins so that cakes turn out clean; for covering over browned tops of cakes or surface of joint to prevent burning of exterior during subsequent oven treatment necessary for cooking of interior;

for tying down savoury dishes that are to be baked, so as to retain full flavour of ingredients; to replace broken lids on jars for storing rice, oatmeal or haricot beans and suchlike foodstuffs; for packing sandwiches, pastries, cooked meat, or other provisions to be taken by the family for lunch at school or office, or for picnic festivities; as a substitute for a bread-pan or cake-tin when you have laid in extra supplies beyond your usual storage accommodation, for a week-end party.

There are countless other ways in which you will find waxed paper a boon for cooking, packing and storage purposes in every-day life and under emergency conditions.

WHITEBAIT.

Whitebait should be fried by the French method, in a wire basket. Keep the basket gently on the move by shaking throughout the 3 or 4 minutes necessary for cooking these little fish. For details of French Frying, see FISH. *Seasonable*, January to September.

WHITING.

Whiting may be baked, boiled, fried or grilled.

For details of these methods see FISH. Best in the winter months, but seasonable all the year.

WINDOWS, TO CLEAN.

It is waste of labour to clean windows when the sun is on them. Also, the work should not be done on a frosty day, as the glass is liable to break.

The quickest way to get best results is by using paraffin oil. Damp a clean rag with paraffin and thoroughly rub over panes of all windows that are to receive attention. Returning to first pane thus

treated, proceed to polish all with a dry, clean leather, or soft, non-fluffy duster. In addition to the high polish which can easily and quickly be obtained by this method, there is the advantage that flies will not settle on windows to which paraffin has been applied.

If water is used, first sponge windows with warm water, then rinse with a leather wrung out in cold water, and finally polish with a dry leather or duster.

WINES.

Amidst the throes and expenses of setting up housekeeping, the subject of wines is apt to be overlooked by anyone who is not a connoisseur. But unless you mean to lead a hermit's life you must tackle this branch of provisioning your new house almost as soon as you have settled in. For you will want to entertain your friends, and a good dinner is never considered complete without the accompaniment of wine.

Choice of Wines.—A comprehensive variety of kinds to stock in your cellar should include: Sherry, Chablis or Sauterne, Claret, Burgundy, Champagne and Port.

With these at your disposal, together with Whisky, Liqueur Brandy and a sweet liqueur such as Chartreuse or Curaçao, you are amply provisioned for serving the right kind of wine on any occasion. For instance, the choice of Sherry, Chablis and Claret, which are light wines, together with Whisky and Soda, is quite sufficient for a luncheon party. A similar choice would also suffice for a friendly dinner-party, but on festive occasions you would need to add Burgundy or Champagne; and at

either dinner the port and liqueurs would be *de rigueur*.

In days not long ago social conventions demanded that a different kind of wine should be served with each course:

- Chablis or Sauterne with Hors d'œuvres.
- Sherry or Marsala ,, Soup.
- Sauterne ,, Fish.
- Claret or Burgundy ,, Entrées.
- Champagne ,, Roasts and Entremets.
- Port or Madeira ,, Dessert.

Nowadays, however, it is considered *de bon ton* not to partake of more than three kinds of wine at even the most festive of dinners:

- Sherry with Soup.
- Burgundy or Champagne with { All subsequent courses up to dessert.
- Port with Dessert.

NOTE.—*Burgundy should only be served in the colder months.*

Choice of Vintages. — The quality of the best wines is affected by the climatic conditions prevailing during the ripening of the grapes in the vineyards and the season of gathering them. Certain years in which exceptionally favourable weather conditions were experienced in particular wine-making districts are famous for the vintage produced in that year in the favoured district. If such terms as "Pomery 1904," "Sweet or Dry," "Sparkling or Still" are Double Dutch to you, and if you have never heard that fashion rules as autocratically over wines as over dress, do not attempt to be your own buyer. Get a friend who is a connoisseur in the matter to purchase your wine for you.

It is generally considered that the best advice on wines to give anyone whose purse is limited is "little and good." But some of the best of connoisseurs will advise you differently:—"Never, if it can

WINES—*Continued.*

be avoided," they will tell you, "place a good vintage wine before people who are incapable of a nice discernment in taste—it is like casting pearls before swine."

Although there are some people who cannot appreciate the difference between grocer's port and, say, Cockburn 1904, it is an open question whether a host should offer any guest of anything but his best. This is an ethical point which you must decide for yourself.

Storage.—Wine is usually kept in a cellar in wooden pigeon-holes, each made to take a single bottle. The bottles are placed on their sides with the object of allowing sediment to settle. Laths of wood, placed about one inch apart, are a good substitute for pigeon-holes. If cellar accommodation is limited, white wines may be placed in an upright position, as they are practically free from sediment.

Serving.—Good old wines, with the exception of port and sherry, should not be decanted. Burgundy should be served in a reclining position, in a basket specially made for the purpose; it should be gently transferred directly from pigeon-hole to basket, so as not to disturb sediment.

Champagne should be chilled in summer-time before serving; put bottles in a pail, surround them with crushed ice, and cover with a wet flannel, about one hour before required for use. Chilling is not necessary on a cold winter's day.

Claret and burgundy should be served luke-warm; place bottles near the fire—on mantelpiece or to side of fender—for several hours. Port, too, must not be served cold,

but as this wine is usually decanted in good time for serving, and placed in dining-room ready for use, it gets warmed up to the temperature of the room without special attention.

Glasses should be worthy of the wine that is served in them, in texture, decoration and form.

It is ■ sacrilege for good wine to be swallowed in haste.

Two things you cannot do at once—talk and appreciate good wine. Watch the connoisseur, he takes up his glass, inhales the aroma, sips, and holds his peace until he has exhausted to the uttermost the flavour of the nectar.

A good wine to be properly appreciated requires ■ clean palate, or in other words, ■ palate which is free from that tempting range of sips, known as appetisers or *apéritifs*.

The host should never praise his own wine or name the vintage, unless the subject is first brought up by one of the guests. A connoisseur knows at once what he is drinking, and it is not worth while trying to influence the opinion of vandals.

Never unduly press people to take wine, for to some folk it is as objectionable as nasty-tasting medicine. Fortunately, or unfortunately, most people require no pressing.

WINE STAINS, TO REMOVE,

see FRUIT STAINS, TO REMOVE.

WORK BASKET.

Every household should be equipped with a family work basket, capacious enough to hold all requisites for mending and repairing household linen and personal apparel. This basket should be under

the care of the particular member of the household who sees to the weekly mending. It should contain :

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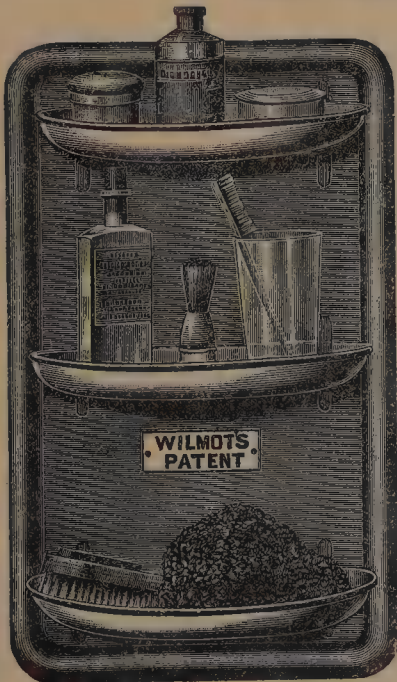
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